

GET FOOTY FIT AFL'S SECRET FORMULA REVEALED

AUSTRALIAN **Men's Health**

MARCH 2015 \$8.99 NZ \$9.99 INC GST

MELT YOUR GUT

BURN FAT 24/7

THE BEST BUCK I EVER SPENT

BY RICHARD BRANSON, MARK WEBBER
AND, ER, CHARLIE SHEEN

IS YOUR 'HOOD KILLING YOU?

HOW TO

- ☒ **LIVE LONGER!**
- ☒ **RUN AN ULTRA!**
- ☒ **GET FILTHY RICH!**

WAKE UP! (YOUR SEX LIFE)

BADASS MUSCLE

CHARLIE HUNNAM'S
BODY-WEIGHT BLAST

SMILE AWAY STRESS

F1'S DANIEL RICCIARDO
SHOWS YOU HOW

32

**WAYS TO
RULE YOUR
KITCHEN**



WELCOME TO OUR WORLD



CHRONOMAT
AIRBORNE



INSTRUMENTS FOR PROFESSIONALS™

AVAILABLE AT HAM MELBOURNE'S GPO, MACQUARIE CENTRE SYDNEY
AND INDIGOOPILLY SHOPPING CENTRE BRISBANE IN MARCH 2015

Modern Essentials
selected by
DAVID BECKHAM

A close-up portrait of a man with dark, wavy hair and a light beard, looking intensely at the camera. He is wearing a blue crewneck sweatshirt. His hands are clasped in front of him, revealing a tattoo on his left hand that reads "Lead with love" in a cursive script. He is also wearing a thin gold ring on his left ring finger. The background is a soft, out-of-focus grey.

The
Sweatshirt
\$29.95

H&M

A person is seen from behind, standing on a rocky cliff edge. They are wearing a green and neon green ASICS athletic shirt, black shorts, neon green socks, and ASICS running shoes. Their hands are clasped behind their head, and they are looking out over a vast cityscape and a large volcano in the distance under a blue sky with scattered clouds.

IT'S A BIG WORLD. GO RUN IT.

 **asics**

asics.com/gorunit

ASICSaustralia





78

THE HEAT LOCKER

The cutting-edge training strategy that's transformed the AFL's Port Adelaide can do the same for your fitness.

BY AARON SCOTT



72

ANARCHY IN THE USA

Actor Charlie Hunnam flouts the rules of muscle building. Will you join the rebellion?

BY JAMIE MILLAR



86

THE SEVEN STEALTHY SINS OF 2015

Curtail your life-wrecking habits.

BY JON AXWORTHY



94

HACK YOUR KITCHEN

How to cook like a Michelin-grade chef with a mug's tools.

BY PAUL KITA



102

GAY GUYS TO THE RESCUE

Cop the tips from men who are happier and busier between the sheets.

BY MICHAEL CALLAHAN



108

THE BEST BUCK I EVER SPENT

Sure, rich guys know how to accrue wealth. But they can also tell you how to make that inspired buy.



112

THE CRYING GAME

Bawling has big health benefits. Here's how to reactivate your waterworks, tough guy.

BY BEN JHOTY

CONTENTS

MARCH 2015

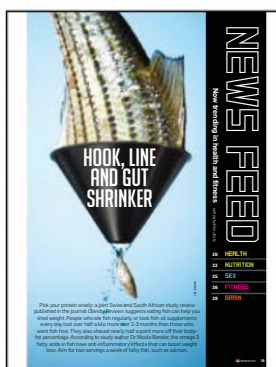
130



40



SECTIONS



19 NEWS FEED

Rise and shine for a longer life / Your new, cheap and natural pre-workout fix / Learn from lesbians / Punch your way to supreme fitness / Four shortcuts to elevated brainpower



32 PERSONAL BEST

Smile away stress: FI's Daniel Ricciardo shows you how / Bad case of gym stagnation? Take your medicine / Why women cheat / Is your 'hood killing you? / Melt your gut: burn fat 24/7 / 17 things you should never, ever do / Muscle-up meetings to fast-track your career / Life-changing advice: stop looking for the perfect girl



121 COACH+

Muscle tips from MH cover guys; plus your go-match-'em workout / Swim your way to supreme fitness... and a ripped physique / Like to squat till your drop? Here's your ultimate recovery meal!

10 POST ED

A word from the editor.

13 ASK MH

How to sweat like a pro.

16 ASK THE GIRLS IN THE OFFICE

The manliest way to enter the surf. Hint: no squealing.

134 UNCOMMON KNOWLEDGE

Turn your dreary office into a lush oasis.

128



COLIN FARRELL

DOLCEGABBANABEAUTY.COM

INTENSO

DOLCE & GABBANA



THE NEW FRAGRANCE FOR MEN

BACK TO BASICS

It turns out there's a good reason why I'm not the leader of an outlaw bikie gang. It's not just my lack of a motorcycle licence. Or the fact that, if I'm truly honest with myself, bandannas and leather vests don't really suit me. No, a far more imposing obstacle was revealed when I attempted Charlie Hunnam's body-weight workout on page 76.

Hunnam, as you probably know, is best known for his role as Jax Teller, the badass Harley-riding kingpin in *Sons of Anarchy*. The workout that keeps him lean and mean for all that exhausting meth-dealing and gun-running is predictably tough (75 chin-ups, 75 dips, 200 squats and 200 push-ups).

I've struggled through it a few times now – “struggle” being the operative word – but I'm also hooked on it, as are a bunch of other *MH* staffers. This is an old-school workout that's simple but intense. Debate has flickered about the best way to tackle it – do you super-set the different exercises (and if so, which ones)? Or do you try and blitz through them all in a hardcore circuit?

Right now, this type of retro workout is enjoying a well-deserved revival. A report by the American College of Sports Medicine, the largest exercise science and sports medicine organisation in the world, rated body-weight training as the number-one fitness trend for 2015.

It's easy to understand the attraction. Unlike hip-hop pilates or paddleboard yoga, body-weight training is completely gimmick-free. You don't need any fancy equipment or a mate on hand to spot you. It all comes down to your effort and willingness to get the job done.

Personally, I'm already a convert and am determined over the coming months to nail Hunnam's workout with less crappy form than I currently manage. Then, perhaps, I might review my bikie-gang prospects. Right after I get my provisional motorbike licence, that is...

Luke Benedictus

Luke Benedictus

Twitter: @LukeBenedictus

Email: menshealth@pacificmags.com.au



This issue sees the launch of **viewa**-enabled pages in *MH*. Get the **viewa** app then use it to access free & exclusive mag content on your phone. See page 118 for more info.



RANGE ROVER EVOQUE

ONE LOOK
IS ALL IT TAKES



ABOVE & BEYOND



3 LEVELS OF AWESOME. 1 RAZOR

3 Geared Multi-speed Vibration.
For a high performance shave.



POWER CHARGED
FOR COMFORT AND GLIDE

Schick
**HYDRO
5**

POWER SELECT

FREE YOUR SKIN™



I can't get rid of my gross toenail fungus. What are my options? – BD

FIRST, HIDE YOUR HOOVES. Wandering around with manky feet on display is a crime against humanity. Next, have a doctor confirm that a fungal infection is actually, um, afoot. Fifty per cent of nail problems aren't fungus related, says Dr Mahmoud Ghannoum, director of the Centre for Medical Mycology. Nail psoriasis is a common impostor – it can be treated with prescription drugs or steroid injections. If you do test positive for fungus, your GP will probably grimace, then prescribe a topical treatment for the surface of the nail as well as an oral medication to reach what's hiding underneath, says dermatologist Dr Lauren Ploch. And don't forget to decontaminate your shoes – they're often fungus-filled breeding grounds that can lead to reinfection, says Ploch. Coat the insoles with a foot powder that contains the antifungal agent miconazole, such as Daktarin Powder for Athlete's Foot (\$10.70; chemistwarehouse.com.au).

ASK MH

YOU SWEAT, GIRLS GLOW.
NO MATTER - WHATEVER
YOUR SEX, IT'S A SIGN OF
SUPREME FITNESS.

I end up soaked in sweat at the gym. Am I unfit? – ML

Well, if you're sporting a set of man boobs under there then, yes, you could take out first place in a "sweat T-shirt" competition. Fear not, though – sweat is a great thing. In fact, you'd die without it. "If you run at 10km/h, you generate 800-1000 watts of energy (you generate about 100 walking), which creates heat," says Dr George Havenith, professor of environmental physiology at Loughborough University. "If you didn't sweat, you'd overheat within 20 minutes, which could be fatal." Aside from dodging death, sweat also boosts fitness. "Fit people sweat more, as their bodies' cooling systems are more efficient," explains Havenith. So the fitter you are, the harder you can push yourself. Plus, the better you become at sweating (yes, it's a skill), the less sodium you lose, helping you avoid cramp. So wear your sodden T-shirt with pride.

Why does my skin get red and blotchy when I drink alcohol? – VC

Blame your gut's reaction to a good time (dodgy guts are like the body's auditors – you don't want to get stuck with one at a party). Moments after booze hits your belly, your stomach releases an enzyme called alcohol dehydrogenase (ADH) that tries to convert the alcohol into something less toxic to your nervous system. The by-products of that process are energy and ethylaldehyde. While ethylaldehyde is less toxic than alcohol, it's still not entirely benign. It stimulates the release of

adrenaline, quickening your pulse, which is why overimbibing can lead to "holiday heart syndrome", a temporary but potentially dangerous irregular heartbeat. Ethylaldehyde also has the cosmetic consequence of dilating capillaries in your face – hence you turn beetroot. Why doesn't it show in everyone? Some people tend to secrete more ADH than others, which produces more ethylaldehyde and, as a result, a more noticeable "I've had a few" flushed face.

I've noticed that my co-worker doesn't wash his hands after going to the dunny. Should I pull him up on it? – NJ

What an arsewipe! Wash your hands of this oaf immediately. Viruses can spread from a person's hands throughout the office in two hours, say researchers at the University of Arizona. So the question isn't whether you should address him but how, says etiquette expert Richie Frieman, author of *Reply All ... and Other*

Ways to Tank Your Career. For a hands-off approach, ask HR to send out a memo, or post comics in the bathroom about hand-washing etiquette. "Comedy downgrades the situation and makes people feel more comfortable talking about it," Frieman says. Perhaps something like, "For God's sake wash away your sins".



RAYMOND WEIL

GENEVE



PRECISION
IS MY INSPIRATION

freelancer collection

raymond-weil.com
T: (02) 9363-1088
E: info@avstev.com.au

Ask the Girls in the Office

Ask the *MH* girls the questions you can't ask anyone else. They're three women with strong opinions, so don't expect sugar-coated responses



Got a question for Ask Men's Health or The Girls in the Office? Email menshealth@pacificmags.com.au or head to yahoo7.com.au/menshealth.

Q I've decided to lose weight and get fit, but my girl won't support me. She reckons I'm exercising too much – even though I'm not meeting the requirements for someone in their thirties. How can I convince her to back me up rather than shoot me down? – *TM*

Crystelle Tell her exactly that, TM! Explain to her that this is really important to you and that you'd like her to be on your side. Either that or dump her arse...

Cassie I think what's happening here is that your life transformation is forcing your girl to look at her own ways – and she doesn't like what she sees. Why don't you get her involved in your health overhaul? It might even bring you closer together.

Alice Do you ask for your morning latte with a shot of protein powder? Do you view picking up the cat, taking out the rubbish or stroking your mo as an excuse to do another rep of biceps curls? Have you installed a full-length mirror in the bathroom so you can perfect your squatting technique when lowering onto the toilet? If you answered yes to any of these, take note of your girl's concerns.

Q I had a suspicion my girlfriend was fooling around, but she always denied it. So I committed a sin by logging into her Facebook account. Not only did she hook up with this guy, she's still talking to him. Not sure how I should bring it up! – *AB*

Cassie Don't lie about your hacking, otherwise you'll look just as bad as her. If I were you I'd just lead with, "Honey, I don't trust you as far as I can throw you, so here's the thing..."

Alice The question shouldn't be *how* but *when*. And the answer's now, AB. Now. She cheated. She'll probably cheat again. Time to log off.

Crystelle OMG! Have you really not confronted her already, AB? How can you stay silent while knowing this secret? You need to talk to her already!

Q What's the etiquette in terms of talking to a girl who happens to sit next to you on a train? – *DF*

Crystelle If she's making eye contact with you, go for it. If she hasn't glanced at you once since you first sat down, leave her be.

Cassie Does she have earphones in? Sporting a big set of cans (you know what I mean) is the universal sign to piss off. If her ears are unshod and you're a funny guy, I'd recommend opening with something witty, especially if it's at the end of the day. If not, a simple "hello" should suffice.

Alice I've been on the receiving end of a train pick-up. Verdict: day-making maneuver. And Cass, I did have my earphones in. He used it as an opener, asking what tunes I was toe-tapping to.

Q Ladies, I need a definitive answer: what's the manliest way to enter the surf? – *LB*

Cassie Without looking like a pasty sea-cow.

Alice Even if you're freshly waxed, sunned and have udder-sized nips, avoid squealing. If the water temperature shrinks your man parts to the size of raisins, resist the urge. Just. Get. In.

Crystelle By jogging in and then taking a dive. Imagine you're Joe Manganiello.

I'D LEAD WITH, "HONEY, I DON'T TRUST YOU AS FAR AS I CAN THROW YOU, SO HERE'S THE THING..."





INSTINCT 10 YEAR ANNIVERSARY
GOLD EDITION

**MONT
BLANC** 

TimeWalker Extreme Chronograph DLC and Hugh Jackman

Crafted for New Heights

This automatic chronograph is crafted out of resistant materials like the "diamond-like-carbon" (DLC) used for the coating of the steel case and the innovative Montblanc Extreme leather that produces a highly durable strap, capable of withstanding the rigours of urban life to make the watch a true lifetime companion. Visit Montblanc.com



Sydney 75 Castlereagh Street · 115 King Street | **Melbourne** 175 Collins Street
Brisbane 171 Edward Street | **Perth** 125 St Georges Terrace | **1300 36 4810**

NEWS FEED

Now trending in health and fitness

edited by Ben Jhojy

20 **HEALTH**

22 **NUTRITION**

25 **SEX**

26 **FITNESS**

28 **BRAIN**

HOOK, LINE AND GUT SHRINKER

Pick your protein wisely: a joint Swiss and South African study review published in the journal *Obesity Reviews* suggests eating fish can help you shed weight. People who ate fish regularly or took fish-oil supplements every day lost over half a kilo more over 2-3 months than those who went fish free. They also shaved nearly half a point more off their body-fat percentage. According to study author Dr Nicole Bender, the omega 3 fatty acids in fish have anti-inflammatory effects that can boost weight loss. Aim for two servings a week of fatty fish, such as salmon.

LEVI BROWN

Dodge the Jetstream

The latest jet-powered hand-dryers may be powerful, but when it comes to hygiene, the super-dryers might be blasting more than hot air. A study at the University of Leeds found they're industrial-grade germ dispensers.

According to the research, jet-strength dryers spread:

4.5 times more bacteria than traditional warm-air dryers

27 times more bacteria than hand towels

+ Germs linger in the air for a further 15 minutes afterwards.

500,000

The number of new cancer cases worldwide each year associated with obesity.

SOURCE: INTERNATIONAL AGENCY FOR RESEARCH ON CANCER



KICK THE CAN

It might be time to cut your soft drink consumption (yep, even the diet stuff). A study at Seoul College of Medicine has found drinking from cans and plastic bottles lined with bisphenol A (BPA), a commonly used chemical, could lead to increased blood pressure.

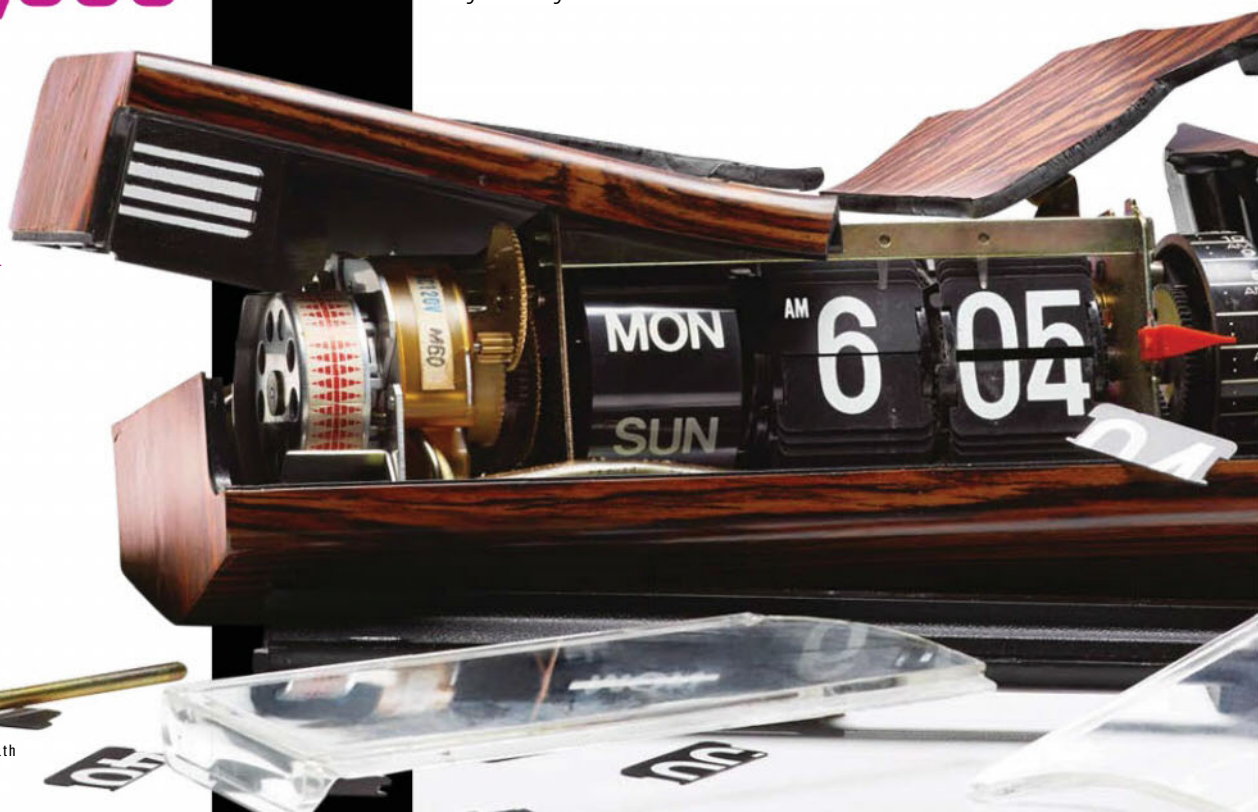
According to the researchers, drinking just two canned drinks was enough to significantly spike BP in participants, causing potential problems for anyone with a heart condition.



THE BIGGEST SNOOZER

Here's cause for alarm: sleeping in on weekends may raise your odds of hypertension, say researchers at the VU Medical Centre in the Netherlands. They found people who slept two or more hours later than usual on weekends had higher resting heart rates and cortisol levels than those with consistent wake-up times. Staying up late and sleeping in may send your sympathetic nervous system into overdrive, setting you up for hypertension and chronic inflammation, says study author Dr Femke Rutters.

PHOTOGRAPHY: LEVI BROWN



M.J. BALE

Adventures Of A Well-Dressed Gentleman



WOOLMARK



mybale.com



**NUTRIENT
SPOTLIGHT**

BEET YOUR BEST

Looking for a new root to peak athletic performance? Try beetroot. Researchers from Kansas State University have found consuming beetroot before exercise can improve physical performance. The high nitrate content in beets is transformed during digestion into nitric oxide, a potent vasodilator that increases bloodflow to skeletal muscles. The study found drinking beetroot juice resulted in 38 per cent increased bloodflow to muscles during exercise, boosting physical performance.

NEWS FEED NUTRITION

Eat In, Stay Thin

It might be time to tool up in the kitchen. Researchers at Johns Hopkins Bloomberg School of Public Health found people who regularly cook at home have healthier diets. Here's how the diets of those who cooked six nights a week stacked up against those who prepared their own meals only once a week.



THE BEST FOOD YOU'RE NOT EATING: HONEYCOMB

Eating this golden nectar will make your body's metabolism a hive of activity. Here's the buzz.



TAKE THE STING OUT

Aside from being a tasty treat, honeycomb also delivers a payload of healthy high-GI carbs. Use it as your go-to recovery fuel after long-distance races.



SWAT AWAY ILLNESS

Honeycomb is swarming with nutrients, so using it as your breakfast sweetener sets your immune system up for a bulletproof day. It'll stave off bugs resulting from overtraining too.



EAT AS YOU PLEASE

Either blend it into your post-training shake or sprinkle it over natural yoghurt as an afternoon snack. Whichever you choose, the results are guaranteed to be sweet.

25

Percentage less likely those at risk of type 2 diabetes are to develop the disease if they drink 3-4 cups of coffee a day.

SOURCE: INSTITUTE FOR SCIENTIFIC INFORMATION ON COFFEE

This is your invitation.
To realise that yesterday's best is just a starting point for today.
There's more to take on. More to risk. And more to earn.
Just remind yourself that it's easier to keep going if you never stop.

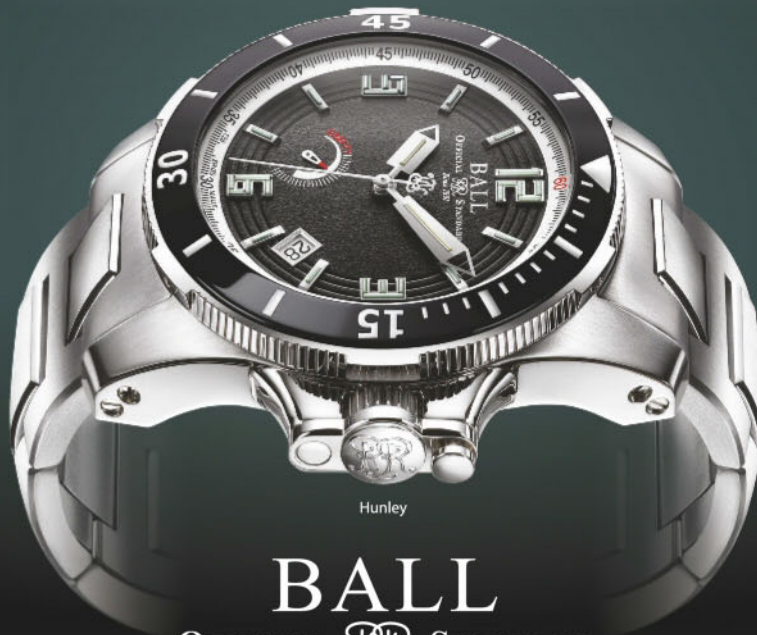
This is your invitation.
To value yourself against one set of standards.
Your own.

It's up to you to create expectations.
And then to shatter them over and over again.
Because greatness is not a record of your past.

It's the pillar of your future.

This is your invitation.
To be daring. To be ambitious, yet humble.
To be open. To be grateful.
To be honourable and compassionate.
To be never satisfied.

TO BE YOURSELF



Hunley

BALL
OFFICIAL  STANDARD
Since 1891

Accuracy under adverse conditions

www.ballwatch.com

Tel. (02) 9363 1088

Adelaide J.J. Brown Watchmakers (08) 8223-3207 Brisbane JR/Watch Co Brisbane International Airport (07) 3860-1333 / Wallace Bishop Carindale (07) 3917-6100 / Wallace Bishop Central Mall (07) 3625-8100 / Wallace Bishop Robina (07) 5644-2300 / Wallace Bishop Toombul (07) 3634-2200 Melbourne JR/Duty Free (03) 9663-0533 / JR/Watch Co Melbourne International Airport (03) 8416-8189 / Monards (03) 9650-9288 / Salera's Jewellmasters Chadstone (03) 9569-6303 Sydney Gregory Jewellers (02) 9233-3510 / Joyce Jewellery (02) 9212-3166 / Sydney Jewellers (09) 9267-4761 Perth JR/Duty Free (08) 9322-2688 / JR/Watch Co Perth International Airport (08) 6272-3113 / Smales Jewellers (08) 9382-3222

CHOOSE YOUR OWN ADVENTURE



TAKE WHATEVER, WHEREVER IN THE ISUZU D-MAX OR MU-X.

Everyone has a spirit of adventure. For some it might just be taking the family to that favourite camping spot, for others it might mean conquering the most extreme of off-road tracks. Or it might just be that feeling of knowing you have the tools to hitch up the boat or caravan and take off whenever you want. Whatever your sense of adventure, there's a no-nonsense Isuzu ute or SUV built with all the advanced features you need to get you there and back – safely and in style. Powered by a super-efficient 3.0L turbo diesel engine, and backed by a rock-solid 5 year warranty and a 5-star ANCAP safety rating*, the Isuzu D-MAX & MU-X are ready for any adventure.

Inspire your spirit of adventure at isuzuute.com.au



ISUZUUTE.COM.AU

*5-star ANCAP safety rating on 4x4 D-MAX Crew Cab models built from November 2013 onwards, 4x2 D-MAX Crew Cab High Ride models built from November 2014 onwards and all MU-X models.
* Whichever occurs first, for eligible customers; excludes accessories and trays.

ISUZU
UTE
Spirit of Truck

289

THE NUMBER OF KILOJOULES SHE BURNS FOR EVERY 25 MINUTES IN THE SACK. THAT'S COMPARED TO AN AVERAGE 418KJ FOR YOU, REPORTS THE UNIVERSITY OF MONTREAL. THAT SHOULD HELP YOU TEMPT HER INTO A SECOND ROUND...

NEWS FEED SEX



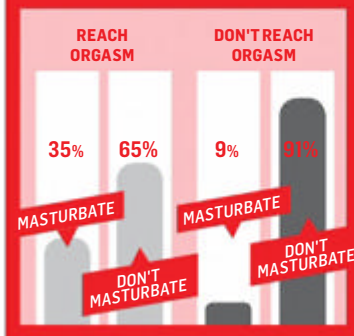
MAKE A PLAY...

And make it loud and clear. Asking for what you want in the bedroom usually works, say researchers from Missouri Western State University. Requesting to try a new position, for example, succeeded 85 per cent of the time, says study author Dr Shawna Harris. "If you're not willing to tell your partner what you want, then you're not going to get what you want." Alas, most people aren't asking: only 38 per cent of the study participants used the direct approach, with 52 per cent dropping hints instead. Too timid to ask? Harris suggests tempering your request with a statement like, "I think it would be really fun and good for our relationship if we shake things up".



LEND A HAND

Women who reach orgasm during sex are more likely to masturbate than those who don't climax, reveals a study in the *International Journal of Impotence Research*. So encourage her – and ask to watch, suggests study author Dr Barbara Lucena.



ORGASM WATCHDOG



Learn from Lesbians

When it comes to orgasms, lesbians come out on top. Gay women climax more frequently than straight women during sex with a familiar partner: 75 per cent of the time versus 62 per cent, according to research from the Kinsey Institute. Lesbians tend to use a variety of techniques, and the sex often lasts longer, says study author Dr Justin Garcia. His advice? Use your hands and mouth more.

THE WRONG KIND OF CURLS

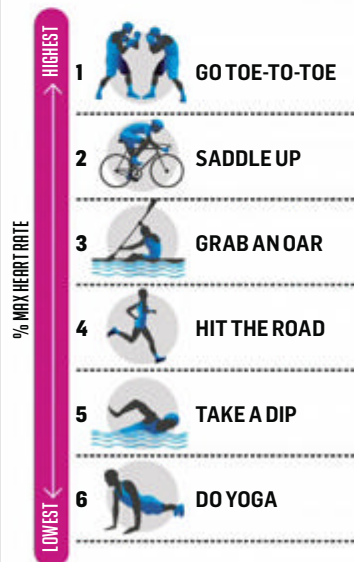
Guess what – barbell curls don't cancel out the curls you perform with your drinking arm. Yet people tend to increase their drinking on days they're more active, according to researchers at Pennsylvania State University, who had study participants log their workouts and alcohol consumption. Some people may exercise to counter kilojoules from alcohol or use booze to reward hard work, the scientists speculate. "Alcohol can decrease post-workout muscle-building signals," warns nutritionist Dr Mike Roussell. His advice? Make your first drink "a protein shake, which can lessen the effect".

NEWS FEED FITNESS



YOUR UPPER HAND

In the battle for cardio fitness, your legs aren't your only allies. Training your arms can build stamina even faster than pounding the pavement or treadmill. Here's how your discipline stacks up.



7.4 Percentage improvement in novice lifters' vertical jump height after 10 weeks of deadlift training.
SOURCE: OKLAHOMA STATE UNIVERSITY



The Cold, Hard Truth . . .

. . . isn't so cold after all. In a study at Victoria University, researchers found ice baths may not be any more effective than warm baths for muscle recovery. After an intense cycling session, men either had an ice bath or a warm bath with a placebo "recovery oil". The result? Both groups showed the same recovery in leg strength in the 48 hours post-exercise.

Bonus: there's less, er, shrinkage with warm baths . . .

LEVI BROWN

2015 LIBERTY. 2020 VISION.

The All-New Subaru Liberty has arrived. With a sleek, aerodynamic new look and groundbreaking technology, it's the sedan taken somewhere it's never been before.

Anchored by the pure power of Subaru's horizontally-opposed Boxer engine (in a choice of 2.5-litre 4 cylinder or 3.6-litre 6 cylinder) and the balance and control of Symmetrical All-Wheel Drive, the All-New Liberty is lively, responsive and boasts an array of Subaru technologies that others will envy.

An intuitive touch screen and voice activated infotainment system is your hub to control audio, navigation, phone, apps, and more, but the centrepiece of new technology is the cutting-edge EyeSight® Driver Assist system, featuring 3D cameras that monitor the road ahead for potentially dangerous driving situations, your second pair of eyes on the road. Visionary in every sense of the word and standard on every Liberty. It's the kind of technology that other cars will one day have. But why wait? Have it all now.



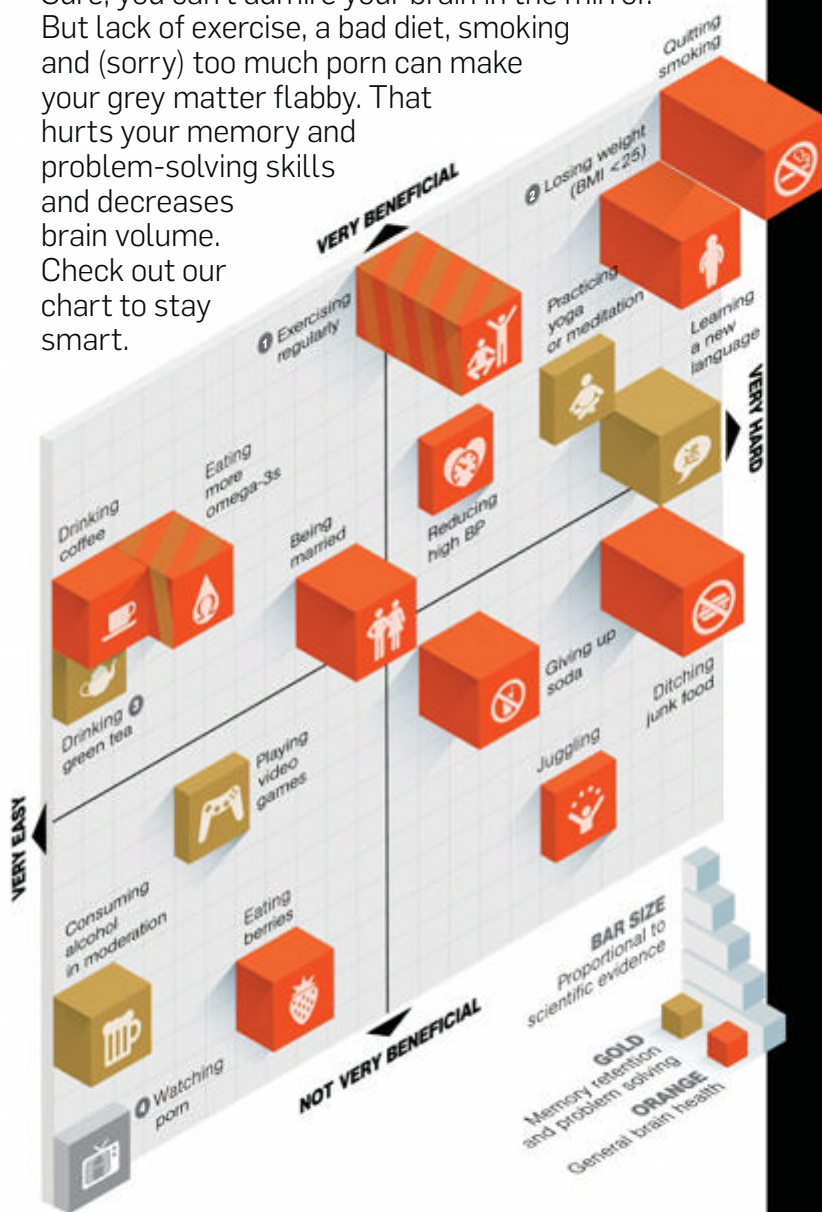
THE ALL-NEW LIBERTY IS HERE

See your nearest Subaru Retailer or visit subaru.com.au



MUSCLE UP YOUR MIND

Sure, you can't admire your brain in the mirror. But lack of exercise, a bad diet, smoking and (sorry) too much porn can make your grey matter flabby. That hurts your memory and problem-solving skills and decreases brain volume. Check out our chart to stay smart.



1. SWEAT STRATEGICALLY

Being active can slash your risk of cognitive decline by as much as 38 per cent, according to scientists at Alzheimer's Australia. As your heart rate increases, so does your circulation, boosting the flow of nutrient-rich blood to spur new brain-cell growth.

2. LOSE THE LARD

People with BMIs under 25 had 29 per cent lower odds of cognitive impairment than those with BMIs of 30 and above, a *Circulation* study found. Thinner folk may be more sensitive to the hunger hormone leptin, which strengthens synapses in the hippocampus.

3. TEA IT UP

In a *Psychopharmacology* study, people who drank a beverage spiked with green tea scored 14 per cent higher on a memory test than those who didn't drink it. Green tea's catechins boost antioxidants, reducing cell damage.

4. SPARE THE ROD

Stop thinking with the wrong head! Guys who watch a lot of porn tend to show weaker connections between their left and right brain, say scientists at Berlin's Max Planck Institute. Curb your porn habit and you'll force your brain to adapt to a new routine.

NEWS FEED BRAIN



Fuel Your Emotional IQ

Are you a hungry hulk? When it comes to healthy eating, knowledge is power. Emotional knowledge, that is. People who'd been trained to pay attention to their emotions chose healthier snacks than those who'd been given nutritional advice, according to a study in the *Journal of Marketing Research*. "With a better understanding of how they feel and how to use emotions to make better decisions, people will not only eat better, they will also likely be happier and healthier," says study author Dr Blair Kidwell.



PERCENTAGE INCREASE IN STROKE RISK OF PEOPLE WITH THE HIGHEST LEVELS OF CHRONIC STRESS.

SOURCE: STROKE

INFOGRAPHIC: ARNOGHIELFI



TRENER Y

TRENER Y.COM.AU

MEN'S HEALTH SUBSCRIPTION OFFER



SAVE
UP TO
59%



Why subscribe?

FREE Big Book of 15
Minute Workouts

CHOOSE from print or digital
subscription options or both
– from **JUST \$59!**

SAVE UP TO 59% on the
newsstand price

NEVER MISS an issue of the best
expert content!

CHOOSE FROM 3 OPTIONS:

Print only

JUST \$79
FOR 12 ISSUES

SAVE 27%

Digital only*

JUST \$59
FOR 12 ISSUES

SAVE 45%

Print & Digital*

JUST \$89
FOR 12 ISSUES

SAVE 59%

DIGITAL EDITION AVAILABLE ON IPAD AND IPHONE

HURRY! This offer must end 9 April 2015.

ORDER
ONLINE

subscribetoday.com.au/mh315

OR
CALL

1300 668 118 and quote P53JKZZA

Subscribe to *Men's Health* for
an entire year and receive a

FREE


BIG BOOK OF 15 MINUTE WORKOUTS

**A LEANER,
STRONGER,
FITTER YOU**

- IN JUST 15
MINUTES A DAY!



*Digital only or print & digital bundle subscription orders can only be completed online, not by phone. The digital version is only available on iPhone and iPad. Offer available until 09/04/2015 or while stocks last. We reserve the right to replace the gift with one of equal value. All subscribers will be sent a print version only of the free gift. Offer valid for Australian delivery only and cannot be used in conjunction with any other offer. Subscriptions may not include promotional items packed with the magazine. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing your order. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on subscribe.today.com.au/privacy-policy. By providing your personal information, you agree to the terms of the Policy. Without limiting the foregoing, Pacific may disclose your personal information to its related entities and service providers for research and profiling purposes as well as processing your order. Pacific may also use your personal information for the purpose of Pacific and its related entities sending you information regarding programs, products and services available through them and/or through their business partners, and to Pacific from time to time sharing your personal information with carefully selected business partners for the purpose of them sending you such information directly. We will always provide you with the ability to opt out of those communications.

A man with dark, curly hair and a light beard is smiling warmly at the camera. He is wearing a light blue button-down shirt over a white t-shirt. He is sitting outdoors, with his right hand resting on his chin and cheek. The background is a blurred outdoor setting with a concrete ledge and some greenery.

"I'M DRIVING A RACE CAR – IT'S
SOMETHING I'VE BEEN DOING ALL MY
LIFE. WHY LET MY HEAD GET FILLED
WITH ALL THE EXTERNAL STUFF?"



AUSTRALIAN GRAND PRIX

NATURAL BORN RACER

Beyond the glitz, glamour and gorgeous grid girls, the Formula 1 circus is deadly serious. But Daniel Ricciardo shows you how to keep smiling when the pressure's on

BY AARON SCOTT PHOTOGRAPHY BY JAMES GEER

THE FIRST THING YOU SHOULD KNOW

about Daniel Ricciardo is that *the smile* is real. Yes, that vast, toothy stretch – the kind of smile that sends publicists and marketing types into raptures – is altogether real. Amid the leather and mahogany interior of Crown Casino's Club 23, he deploys it at every opportunity.

"Can you fold your arms?" asks the photographer. "Imagine you're trying to push up your biceps..."

"Like a dickhead?" replies Ricciardo. Cue *the smile*.

Later, searching for a prop, the photographer hands Ricciardo a stool and asks him to take a seat. Ricciardo's eyes widen. The stool is made of purple crocodile skin stretched over polished brass.

"Now that is a cool stool," he says. "Seriously, how cool is this stool?" Cue *the smile*.

Yes, the 25-year-old F1 prodigy – the breakthrough driver from the 2014 season and Red Bull's number-one prospect this

season – is a jubilant presence. He lights up often, laughs loudly and talks torrentially. In the world of professional sport, these are rare qualities. In the world of F1 – perhaps the most pressurised sphere in the sporting universe, an intense subculture in which the drivers are scientists as much as athletes, piloting their multi-million-dollar machines with the precision of astronauts – they're almost unheard of.

But Ricciardo won't bow to the pressures of his profession. "You've just got to try and have some fun with it," he explains. "There's so much going on in this sport; everyone's so serious. People try to drill it into you: the pressure's on, don't fuck up... but you've just got to go out there and do the basics. I'm driving a race car – it's something I've been doing all my life. So why let my head get filled with all the external stuff?"

Fair enough. But Ricciardo's at the pointy end of a sport where teams like Infiniti Red →

FULL THROTTLE
... THAT FAMOUS
RICCIARDO SMILE IS
NEVER FAR AWAY.



PRESSURE GAUGE

Do you start sweating when the boss calls you into his office? Does your second serve crumble when playing mixed-doubles hit-and-giggle? Here are Ricciardo's top tips for shouldering stress

1. Don't compromise your own expectations. Putting pressure on yourself can fuel outstanding performance.

2. Pressure heaped on you by outsiders is immaterial to your own performance. Ricciardo rarely reads about himself in the media.

3. Know when to switch off. Obsessing about a source of stress is fruitless and draining.

4. Know when to switch on. Use a routine to prepare for those situations when you need to perform. Music can be a powerful trigger.

5. Practise composure at all times. Ricciardo doesn't revel in media days but, knowing it's a big part of his job, faces the cameras with a smile.

Bull spend more than \$300 million a season, where the carbon-fibre nose cone of each machine costs more than the average family sedan. This is, in short, a high-octane, high-risk profession where pressure (as well as danger) builds in colossal quantities. So how is it that Ricciardo can smile, while three floors below, the commuter crowd traipse grim-faced along Melbourne's riverside promenade to their desks?

UNDER PRESSURE

The ability to stand tall under pressure has always set the finest sportsmen apart. Back in the Cold War days, East Germany's coaches selected their athletes according to the notorious "egg theory": throw a dozen eggs against a wall and keep the ones that don't break. The path to the pinnacle of F1 works to a similar theory. It's a study in pressure – those who crack are cast off; those who hold firm advance. For Ricciardo, progress along this path rested on an early realisation: "Pressure's what you make of it."

Bred in the beachside streets of Perth's northern suburbs, the young Daniel grew up with the roar of engines in his ears. His old man was an F1 tragic, papering the walls of the family garage with Ferrari posters and Gilles Villeneuve photographs. At age nine, Daniel began driving karts. At 16 he graduated to the local Formula Ford championship. A year later, his family rustled up the coin to secure a ride in

the Italian Formula Renault series. The 17-year-old packed his suitcase.

It was, he admits, a horrible time. A homebody at heart, he was terrified of flying and fussy about his food. He rented an apartment in the drowsy village of Vidigulfo, a half hour's drive from Milan. He couldn't speak the language, couldn't cook, couldn't work a washing machine. Back in Perth, his mates were stumbling from one 18th birthday party to the next. The homesickness bit deep.

Those lonely months, however, gave the teenager his first taste of real pressure. He knew that sacrifices had been made on his behalf, that serious money was being invested in him. He drove with that knowledge – and he drove fast. He vaulted through the junior formulae before getting his first real crack at F1 in 2012 with Toro Rosso.

The pressure increased. Toro Rosso's *raison d'être* is to groom future world champions for the Red Bull team. It's a ruthless apprenticeship. German ace Sebastian Vettel proved that the system could work – he shone for Toro Rosso before rising to the Red Bull team where he grabbed four consecutive world titles. Lesser drivers, however, have been coldly discarded. Ricciardo passed his apprenticeship on the back of a string of hard-fought mid-field finishes that proved he possessed serious pace. And so, when Mark Webber announced his retirement from Red Bull at the end of the 2013 season, Ricciardo assumed the most coveted seat in the F1 world.

Once again, the pressure ratcheted

up. From the frying pan of Toro Rosso he'd been tossed into the fire of the world-champion Red Bull team. He was now at the wheel of a machine that was expected to finish at the front of the grid. And he was sharing a garage with Vettel, the *wunderkind* who had ruled the F1 grid for the past four seasons. The expectations from Red Bull management were clear: the beat was to continue.

In a bare six years, Ricciardo had risen from the suburban tracks of Perth to the heady atmosphere of the Red Bull pit. But he shakes his head at talk of pressure. "Look, no-one will ever put more pressure on me than I will. Yes, I'm aware that I've got a contract with the team and, yes, they're expecting me to perform to a certain level. But pressure's really just . . ." He waves his hands around, trying to conjure the words. "It's just air. It's talk, basically. It's people saying all these things that build up to compressed air."

Sounds good in theory. But as any scientist will tell you, compressed air can easily explode . . .

INTO THE LION'S DEN

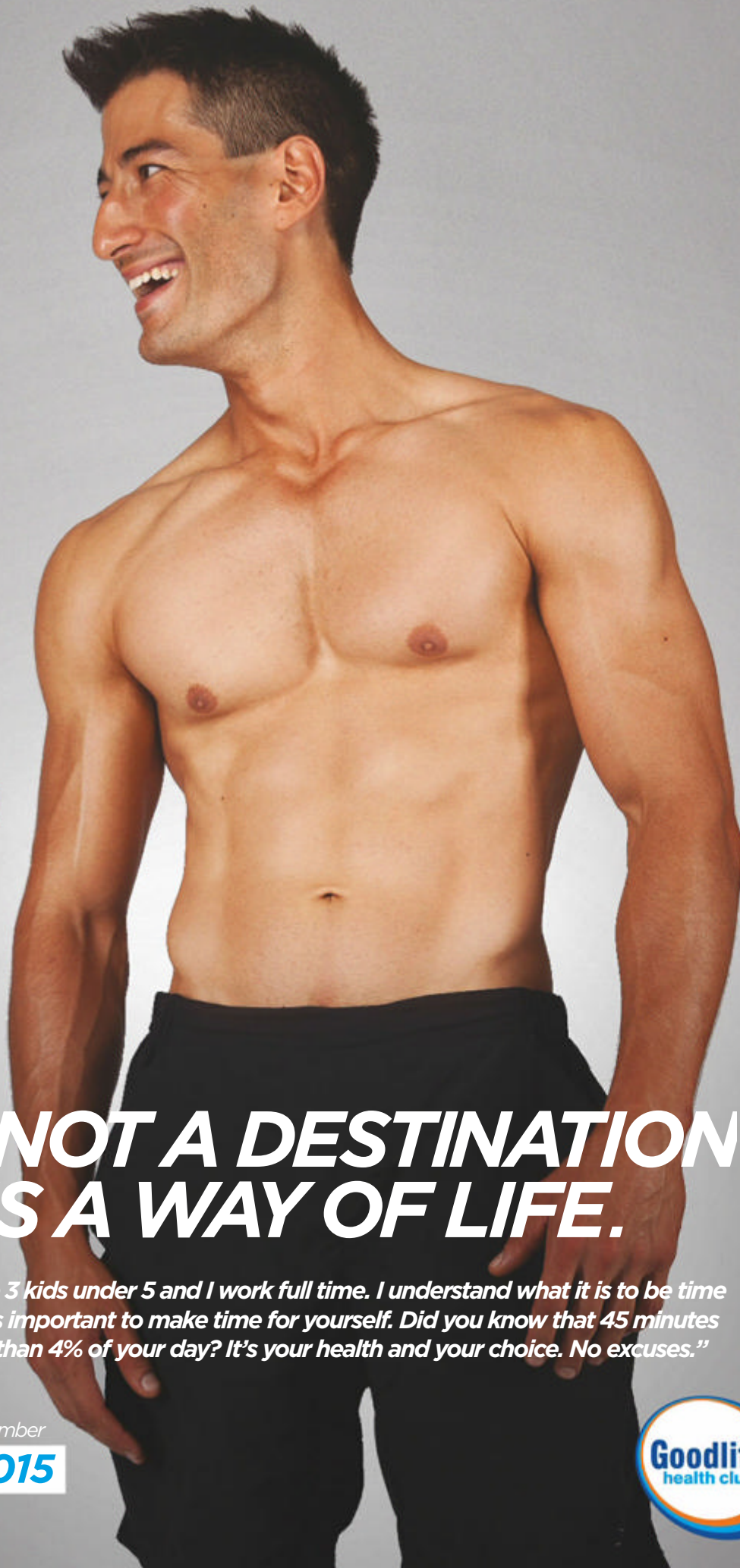
Stand in an F1 garage – surrounded by millions of dollars of machinery and hordes of harried mechanics – and you realise that it's one thing to cast platitudes about shrugging off pressure, but another thing altogether to turn those words into action.

Ricciardo, however, walks the talk. Throughout the 2014 season his serenity →





BEFORE



FIT IS NOT A DESTINATION IT'S A WAY OF LIFE.

"My wife and I have 3 kids under 5 and I work full time. I understand what it is to be time poor, but it's just as important to make time for yourself. Did you know that 45 minutes of exercise is less than 4% of your day? It's your health and your choice. No excuses."

Daniel Ricardo - Goodlife Member

#excusefree2015

visit goodlife.com.au



"WHEN I PUT THE HELMET ON, I'M 100 PER CENT SERIOUS"



in the Red Bull pit stunned seasoned observers. While the mechanics tinkered furiously with the cars and the engineers hunched over their computer screens, Ricciardo would invariably be found tucked away up the back of the garage, beyond the gaze of the hovering cameras, talking UFC with his Brisbane-born trainer, Stu Smith.

"Don't get me wrong," he says, "when I put the helmet on, I'm 100 per cent serious. It's my job and there are dangers involved, so yeah, I take it seriously. But when you're out of the car, why hold on to the seriousness? Race weekends are long. You've got to save energy."

For Ricciardo, this ability to switch on and off is the key to absorbing the

pressure of race day. And it's a switch he flicks through the tactical employment of routine. Sixty minutes out from the start of a race, the banter will stop and he'll click into performance mode. Music is his first cue – a wise move given research at London's Brunel University has shown that music can spike arousal and boost motivation, enhancing athletic performance by up to 18 per cent. If it's qualifying, he'll go for the alt-rock of The Gaslight Anthem – "Something that'll get me happy, get me smiling, singing to myself". On race day he'll wade into the weightier punk rock of Parkway Drive – "Something that'll get me really pumped up".

Once the music has established the mood, he'll turn his attention to his body. Static holds will morph into dynamic stretches. Having worked up a sheen of sweat, he'll start sharpening his reflexes by catching tennis balls hurled at him by Smith, before the pair get stuck into short sprints and shadow boxing. "Throughout all that, the music's getting louder, more intense. By the time I get in the car I'm warm, I'm ready, I'm switched on."

It's a routine that turns Ricciardo into something resembling the remorseless machine of F1 lore. But even with the visor down, he retains the earthy good humour that is the bedrock of his approach. While other drivers can be demanding, histrionic or petulant on the team-car radio, Ricciardo's tone is typically calm and conversational.

It's a deliberate mingling of serenity and intensity – and it's borne spectacular results. After finishing second in the season-opening Australian Grand Prix – a podium-finish later snatched from him when he was disqualified for exceeding the maximum fuel flow – he went on a tear, notching victories in Canada, Hungary and Belgium to finish third in the drivers' championship, two places ahead of teammate Vettel. For a kid from the suburbs still finding his F1 feet, it was a life-affirming triumph – proof positive that even in the most extreme profession, cut-throat intensity and single-minded focus aren't prerequisites for success.

But it's also a triumph that's presented Ricciardo with a new challenge this year. Vettel's gone after signing with Ferrari for an estimated \$85 million. In his place is Toro Rosso's latest product, 20-year-old Russian gun Daniil Kvyat. The Australian is no longer the wide-eyed greenhorn. He's now Red Bull's number-one driver, a contender for the world title, a man with a target on his back. So is he finally feeling the pressure? "Nah, not really. Yeah, there's pressure in this sport. But for me it's no more than I've experienced in the past. It's always there. It's just part of what I do." Cue *the smile*.

RICCIARDO BY NUMBERS

WEIGHT

68
KG

HEIGHT

180
CM

AGE

25
YEARS

3

GRAND PRIX
VICTORIES

3RD

PLACE IN THE DRIVERS'
CHAMPIONSHIP
2014

3.5

KILOGRAMS A DRIVER
CAN SHED DURING
A RACE

1.7

SECONDS IT TAKES THE
RB10 TO GO FROM ZERO
TO 100KM/H

760

HORSEPOWER OF
RICCIARDO'S RB10

5800

KILOJOULES AN F1
DRIVER CAN BURN
DURING A GP



SINGAPORE AIRLINES New BUSINESS CLASS

Intuitively designed around you

Fly Singapore Airlines Business Class to Asia from \$4,402* or to Europe from \$8,797* return.

Enjoy a space that caters to your every need. With an all-in-one business panel, leather seat that transforms into a full-flat bed, and an 18-inch high definition LCD screen – you can work, rest, or play with more convenience. Experience the new Singapore Airlines Business Class, complemented by the inflight service even other airlines talk about.



singaporeair.com



Available on board the Singapore Airlines Boeing 777-300ER aircraft on selected flights including Sydney to Singapore, Singapore to London and Tokyo Narita, and from 29 March 2015 Melbourne to Singapore.
*Conditions apply: Fares shown are for return travel from Melbourne to Singapore and Istanbul, respectively. Fares include the price of the air ticket, associated taxes, levies and surcharges correct as at 17/12/14.
Fares are valid for departures from 17/12/14 until 31/12/15. Fares do not include optional charges such as service fees, date change fees, and cancellation fees. A few countries still levy airport taxes, which can only be paid by the customer, in cash, at the airport prior to departure. This offer is subject to availability and confirmation. Singapore Airlines reserves the right to alter or extend this offer without notice. Additional terms and conditions apply. To book, visit singaporeair.com, contact Reservations on 13 10 11 or your local travel agent.



TAKE YOUR MEDICINE

If you're not slamming it, hurling it or throwing it, you're using it all wrong. Start building more muscle all over with our ballistic guide to one of the oldest and most effective power tools in the gym

DEEP IMPACT

The ball should hit a wall or the floor on every rep. "Be explosive," says Sean De Wispelaere, an elite coach for Thrive Training Systems. But don't start at full throttle. Instead, gradually add force to each throw to prime your muscles and reach max power.

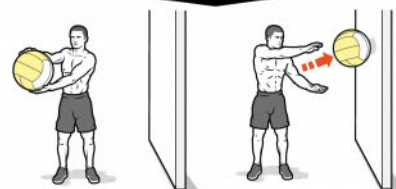
ATTACK WITH YOUR ABS

Most guys throw the medicine ball using only their arms, says De Wispelaere. "But power comes from the core." Keep it engaged: brace your abs as if you're about to take a punch in the gut and don't relax them until you've completed your set.

GO HARDER, NOT HEAVIER

A medicine ball can weigh 15 kilograms or more, but one-third of that weight is all most men need. "When you're ready to progress, increase the velocity and intensity, not the load," De Wispelaere says. Stick to eight reps per set and focus on power, not endurance.

3 Moves for a Total-Body Burn



1 Rotational Toss

Stand with your left side one metre from a wall and hold a medicine ball at chest height. Rotate explosively to the left, tossing the ball against the wall. Catch and repeat. Do equal reps on both sides.



2 Overhead Slam

Hold the ball above your head with your feet shoulder-width apart. Slam the ball to the floor as hard as you can. Pick it up and repeat. Too easy? Adjust your stance (see below).



3 Kneeling Chest Pass

Kneel facing a wall and hold a ball against your upper abs. Hinge your hips back, then snap them forward, releasing the ball so it strikes the wall with a short, powerful bounce. Catch and repeat.

THREE WAYS TO STAND



A Parallel (easy): feet shoulder-width apart, toes pointing forward.



B Split (hard): one foot 30-40 centimetres in front of the other.



C In-line (hardest): rear toes aligned with forward heel.



The best just got better

From the company that designed the world's first integrated GPS trainers and multisport devices comes a watch that surpasses anything we've ever developed. The Forerunner 920XT. It records detailed metrics for swimming, biking and running on a hi-res colour display. Swim capabilities include drill logging, rest timers and recording distance, pace, stroke type and more. Advanced features include running dynamics¹, VO2 max estimate², live tracking and smart notifications³. Wear it as a watch all day and use activity tracking to monitor your steps, calories and sleep. It also offers automatic uploads to Garmin Connect™, our free online community where you can save, plan and share your efforts. To be the best, you need the best – the Forerunner 920XT.

GARMIN®

forerunner 920XT

©2014 Garmin Ltd. or its subsidiaries. ¹When used with HRM-RUN™ monitor; included with some models, sold separately on others. ²When used with heart rate monitor. ³Compatible with Bluetooth® Smart Ready phones. See Garmin.com/ble. Android devices must also use Garmin Connect Mobile app to enable smart notifications.



WHY SHE CHEATS

There's rarely just one reason behind a woman's decision to stray. To understand that itch, we went to the sources. These are the stories of four women who stepped out of their relationship. Recognise anyone?

WHEN SAM* DISCOVERED that his wife had cheated on him, he was enraged. "He kept saying I ruined his world and broke his heart, and that this came out of nowhere," says Eileen, who's now his ex-wife. She understood his anger but not his surprise; she'd been telling him for years how miserable she was, but he'd just brush it off. Men often claim the high ground when their partners cheat, but that's missing the point. "People don't just cheat for no reason, usually," says Dr Jennifer Harman, a professor of psychology at Colorado State University. "If women feel they were betrayed first, that betrayal – even if it didn't involve cheating – can help justify their own behaviour."

The good news, says Harman, is that you can often stop a partner from cheating, but it requires work and sacrifice. Are you up for it? We asked four women who cheated to tell their stories so you can learn from their partner's mistakes.

JESSICA, 28

"I felt unwanted and alone."

My boyfriend used to act like I was fascinating. But after a while, he'd barely ask how my day went. He even stopped wanting sex.

Then a few months later, my mum went into hospital. I was crying, but instead of coming over to hug me, he said, "It's in God's hands". Maybe that was true, but it wasn't comforting.

So I left and went to visit my mum. My ex heard I was in town and called me. He was patient and caring. We talked for hours, moving closer on the couch, eventually holding hands, and soon we were back in my old bedroom together. The sex really wasn't good. But in that moment it reminded me of what it was like to have a boyfriend who cared about me. And that felt good.

I didn't regret it afterwards, and I still don't. For me – and for most women, I think – sex is tied up with emotional connection. I wasn't getting it from my boyfriend, but for that night at least, I found it with my ex. Then I travelled back home and fell into a spiral of deceit. My hiding of innocent lunches turned into hiding flirty text messages with guys. I never actually cheated again, but I always wanted to. After a few months, I realised that meant it was time to break up. So I moved out.

WATCH FOR

Boredom. "Passion ebbs as once-exciting things become routine," says psychologist Dr Dylan Selterman. "Lack of novelty is strongly linked to dissatisfaction."

PULL HER BACK

As often as you can, take the initiative to try new things that can expand your relationship, says Selterman. "Novel experiences – whatever may interest you both – will trigger excitement and help re-solidify your bond."



EILEEN, 34

"I was always wrong."

Sam and I met in the city, but when we got married, he wanted to buy a place in the country. At first it sounded exciting, but the fun wore off fast and Sam just wanted to stay home. He'd make me feel guilty about money if I wanted to go out. I felt trapped. Three years went by like this.

Online message boards became my social life. That's how I met Andy. Emails turned into flirty texts. One day, he flat-out asked if I was unhappy. Then he invited me to his house. I said no, but kept flirting. Finally, one night I told my husband I was going to visit my brother, and I went to Andy's.

Andy opened the door and said, "I'm glad you came". Total cliché. We walked to his lounge room and sat down. We made awkward chitchat until he finally leaned in and kissed me. My whole body felt awakened and we had sex on his couch.

The next day, by email, I dumped years of pent-up needs on Andy: I wanted to see him, date him, leave my husband for him. In turn, Andy disappeared – he didn't want any of that. A few months later my husband found out. I was mostly just relieved. We divorced. I moved back to the city. We talk sometimes, but he still doesn't accept any of the blame. I'm done trying to convince him.

WATCH FOR

Petty disputes. These arguments reflect deeper, underlying insecurities, and conflict increases stress levels, which can cause sexual satisfaction to dip, says Selterman.

PULL HER BACK

Admit when she's right, says marriage therapist Paul Hokemeyer. She'll be more open to compromise if you're listening to her. Then pitch a solution: if you have an issue with overspending, for instance, try working out a budget together.

JAMIE, 27

"He was always working."

We needed to talk. "I have some time around 9pm on Sunday," Steve said. This was exactly the problem – he was a workaholic. I'd end up in bed alone every night. And when we were together, we'd only talk shop. We worked in the same field – which made us sound like two bored colleagues. Think I wanted to have sex after that?

One night, while Steve was at the office, I met some friends at a bar and started talking to Justin, who didn't care about work – his or mine. I was shocked by what a turn-on it was. My friends left but I stayed behind. Soon, Justin and I were drunkenly kissing. It just felt so good to be desired.

I slept over at his place that night. The next morning, as we walked down the street, he tried to hold my hand. I freaked out and pulled away. I was worried that we'd run into people I knew, but I also couldn't wait to escape. That's when I realised I needed to escape my boyfriend too.

Weeks later, I tried to break up with Steve. He brushed me off; he had work to do. When it finally happened, I'm not sure if he was surprised or just relieved. But now he can do what he loves full-time. I'm still looking for more.

WATCH FOR

Failure to unplug. Communication levels drop when you're always at your boss's (or anyone else's) beck and call, which leaves your partner feeling neglected, Hokemeyer says.

PULL HER BACK

Create tech-free zones, says Hokemeyer – in bed, for instance, or at the dinner table. You'll be more focused and attentive, and she'll have a chance to express her needs, which Selterman says will help increase her overall relationship happiness.

SHEILA, 31

"I don't know where this is going."

I adore Johnny – he's funny, caring, a great dresser. But there are downsides: his place is a dump, he works at an op shop, he smokes a lot of pot. And he refuses to grow up. He got married young, divorced, and now says he's enjoying his second childhood. We click well and the sex is great. So I'm torn.

Then there's Brad. We met at a mutual friend's party, started texting, and meet up while Johnny is at work. He's a little boring, but he's studying law and acts like an adult. Once, after a few drinks, he touched my face and said, "This was wonderful. You're so intelligent." I nearly melted. When he invited me to his place a few days later, I said yes.

I hurried inside, hoping not to be spotted. Brad, it turns out, really likes rough sex, which I didn't see coming. We actually only fooled around. He bit me a few times, and when I said, "Ouch!" he just laughed and bit me again.

So now we're here: Johnny, who thinks we're exclusive, feels like a teenage fling. Brad, who knows nothing about Johnny, is my adult affair. I wish I could combine them into a fun-loving, career-focused guy. Instead, I feel this is going to end badly. It's just a matter of how.

WATCH FOR

Feeling too cosy. Ambitious and confident men are more attractive than men who avoid challenges, Selterman says. Likewise, women may drift away from men who have no drive.

PULL HER BACK

Make a small change but give her the credit. Then create a list of goals, share them with her and enlist her help in achieving them. "Being invested in your success will make her burst with pride when you succeed," Selterman says.

ROCK THE WOK

Harness the power of searing heat to singe protein and vegetables. Your tender, juicy, slightly smoky stir-fry will be way better than any takeaway

A

PREP THE PROTEIN

For super-juicy chicken, precook it. In a medium bowl, combine 350 grams of skinless, boneless chicken breast (cut into half-centimetre-thick pieces) with two tablespoons of beaten egg whites, two teaspoons of cornstarch, two teaspoons of rice wine and a quarter teaspoon of salt. Stir until the cornstarch dissolves. Add two teaspoons of vegetable oil and chill for 30 minutes. Boil one litre of water and one tablespoon of vegetable oil. Reduce to a simmer. Add chicken, stir and cook until opaque; about one minute. Drain and set aside.

B

RIG AN ASSEMBLY LINE

Once the heat is on, stir-fry happens fast. Cook smart by prepping these ingredients before firing up the wok.

1/ SAUCE WITH A KICK

In a small bowl, mix together one-third of a cup of chicken stock, two teaspoons of soy sauce, a quarter teaspoon of chilli flakes, two teaspoons of rice wine and a quarter teaspoon of cornstarch.

2/ AROMATICS TO FLAVOUR THE OIL

- 1 tbsp minced ginger
- 2 tsp minced garlic
- 1/2 cup thinly sliced Spanish onion

3/ PRODUCE FOR EXTRA FLAVOUR AND TEXTURE

- 1 medium green capsicum, cut into strips
- 1 mango, peeled and cut into half-centimetre-thick slices

C

CRANK THE HEAT!

Flick water into the wok. If it vapourises in 1-2 seconds, it's go time. Pour in one tablespoon of oil and tilt the wok to coat. Add the ginger, garlic and onion, and stir-fry until fragrant; 10 seconds. Add the capsicum and cook until tender; one minute. Toss in the chicken and season with salt. Stir the sauce, swirl it into the wok, and cook until the chicken is done and the sauce thickens. Stir in the mango. Serve with brown rice.



THIS MONTH'S EXPERT

Grace Young is the author of the cookbooks *The Breath of a Wok* and *Stir-Frying to the Sky's Edge*.



MASTER THE MOVE: STIR-FRYING

"Stir-frying is a misleading term," says Young. You actually want to use more of a digging and tossing motion, she says. Push a thin, slotted spoon or spatula beneath the ingredients and flip them over. This way all the ingredients touch the hottest part of the wok and achieve uniform doneness. →



STIR-FRY IN STAGES

For the perfect stir-fry, timing is key. Size your vegetable pieces according to their density and add them at the right moment to prevent overcooking, says Young. And make sure not to overload your wok or add wet vegetables, which will prevent a good sear.

Hard Vegetables

Carrots, broccoli

Cut carrots and broccoli stems into pieces about half a centimetre thick so they cook evenly. (Halve or quarter broccoli florets into bite-size pieces.) Add these vegetables during the first few minutes of stir-frying, just after the garlic and onion.

Medium-Hard Vegetables

Zucchini, capsicum, asparagus

Cut zucchini into half-centimetre-thick slices, capsicums into half-centimetre-wide strips, and asparagus into 5cm pieces. Add these during the midpoint of the stir-fry.

Soft Vegetables and Leafy Greens

Mushrooms, tomatoes, spinach, kale

Vegetables with high water content cook quickly. Halve or quarter mushrooms and tomatoes. Roughly chop leafy greens, then wash and dry them well, adding them at the last minute to preserve their colour.

BEST TECH



35-millimetre, flat-bottom carbon-steel wok

Avoid nonstick cookware. "Food sears better in a carbon-steel wok, which becomes naturally nonstick with use," Young says. You want a wok you can season yourself (see "The Reason to Season").

THE REASON TO SEASON

Before you cook with your wok, break it in to give it a natural nonstick surface.



Using a stainless-steel scouring pad and hot, soapy water, scrub the wok thoroughly, inside and out, to lose the factory-added anti-rust coating. Rinse the surface well, but don't bother drying it before the next step.



Crank your exhaust fan and open the windows. Place the wok over low heat until any water evaporates; 1-2 minutes. The wok may smoke, smell slightly off, or change colour – those results are normal. Remove the wok from the heat and let it cool.



Heat the wok on high until a bead of water vapourises in 1-2 seconds. Add two tablespoons of vegetable oil, half a cup of sliced unpeeled ginger and one bunch of chopped spring onions. Cook on medium, occasionally pressing the ginger and spring onions into the wok.



Discard the aromatics. Rinse the wok under hot tap water. Without soap, rub the surface with the soft side of a sponge. Dry it over a burner set on low until the water evaporates. Now you're ready to start stir-frying.

SECRET WEAPON: BLACK-BEAN SAUCE

Made from fermented black beans and a hefty dose of garlic, this pungent condiment has more depth than soy sauce. Add a spoonful to beef, chicken or prawn stir-fry, or try it on stir-fried green beans and mushrooms. It's also tasty when tossed with freshly cooked Asian noodles, steamed broccoli and thinly sliced spring onions.





Fuel Fabulous

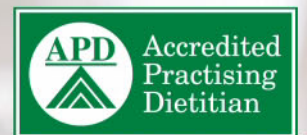
With tailored nutrition
advice from an Accredited
Practising Dietitian

Your health is important, trust an Accredited Practising Dietitian

There is no substitute for the radiance that comes from true health, or the professional nutrition advice an Accredited Practising Dietitian (APD) can give you.

APDs are the only nutrition professionals recognised by the Australian Government and Medicare. Talk to an APD for expert nutrition advice to help you feel fabulous.

To find your APD
visit daa.asn.au or
freecall 1800 812 942



IS YOUR 'HOOD HURTING YOU?

Cars, bars and creepy neighbours may take years off your life. Learn how to fight back

The undead are the least of your worries if your surroundings are at war with your wellbeing.

1 LOOK OUTSIDE YOUR WINDOW. HOW MANY TREES DO YOU SEE?

- A** IT'S LIKE A FOREST SCENE FROM *LORD OF THE RINGS*. (+0)
B IT'S NO KAKADU, BUT I CAN STILL SEE 5-15. (+1)
C MAYBE FOUR? AND THAT'S BEING OPTIMISTIC. (+2)

Leafy surrounds may quell anxiety and stress, say researchers at the Medical College of Wisconsin. The reason? Foliage filters air pollution, reduces noise and may promote relaxation. Search the Australian National Botanic Gardens website (anbg.gov.au/gnp) for species that will thrive in your garden. Or bring the outdoors in: nature photography can also help you recover from stress, a University of Rochester study found.

2 HOW FAR DO YOU HAVE TO TRAVEL TO REACH THE CLOSEST BAR?

- A** I DON'T KNOW. A FEW KAYS AT LEAST. (+0)
B I COULD JOG THERE IN 10 MINUTES IF I WANTED TO. (+1)
C I COULD STUMBLE HOME IN FIVE MINUTES. (+2)

People living within a kilometre of a pub are 12 per cent more likely to drink heavily (and 18 per cent more likely to pass out drunk!), reports a study in the journal *Addiction*. Find it tough to call it a night? Start by meeting your friends for dinner instead of drinks, suggests alcohol and addiction expert Dr Brian Borsari.

3 YOUR NEIGHBOUR POPS IN UNEXPECTEDLY. WHAT'S YOUR REACTION?

- A** HEY, IT'S JON! HOPE HE BROUGHT BEER. (+0)
B I WISH I COULD REMEMBER THAT BLOKE'S NAME. (+1)
C THIS GUY'S A SLEAZY BASTARD. (+2)

In a study from the University of Michigan, residents of the friendliest communities had a 48 per cent lower risk of stroke. So when you see the guy across the street in his garden, introduce yourself. "Find a shared interest and it will help you guys start bonding," says Geoffrey Greif, author of *Buddy System*.

4 IT'S LATE AND YOU'RE STARVING. WHAT'S YOUR GO-TO FOOD OPTION?

- A** I THINK I HAVE SOME RICE AND BEANS IN THE CUPBOARD. (+0)
B TO THE SUPERMARKET! IT'S JUST UP THE STREET. (+1)
C WELL, THERE'S KFC, BURGER KING OR KRISPY KREME. (+2)

The easier it is to hit a drive-thru, the harder it is to lose weight. People with the greatest access to fast food were almost twice as likely to be obese, according to University of Cambridge research. Not ready to move? Strategise your slip-ups, says nutritionist Mike Roussell. Look up online nutrition facts, and stick to items that don't blow your kilojoule budget. Hint: no fries, ever.

5 DURING PEAK HOUR, HOW MANY CARS PASS YOUR HOME EACH MINUTE?

- A** "PEAK HOUR" IS MY NEIGHBOUR LEAVING FOR WORK. (+0)
B MAYBE HALF A DOZEN? AND I RECOGNISE MOST OF 'EM. (+1)
C TOO MANY TO COUNT – I LIVE ON A MAIN ROAD. (+2)

Air pollution can hurt your sleep quality, according to a study of residents in Boston. And research from Harvard found that heart-attack survivors living closest to busy roads were 27 per cent more likely to die within a decade of their first attack. The fix? Buy a HEPA air filter. It can reduce dangerous particles by 60 per cent, say scientists at Simon Fraser University.

6 WHEN YOU GO OUTSIDE IN THE MORNING, WHAT DO YOU HEAR FIRST?

- A** BIRDS CHIRPING, RUSTLING LEAVES. IT'S GLORIOUS. (+0)
B A FEW CARS, MAYBE A BARKING DOG. NO BIG DEAL. (+1)
C TAKE YOUR PICK: SIRENS, HORNS, PLANES. (+2)

Every spike of 10 decibels (the difference between a whisper and a buzzing refrigerator) in traffic noise increases your risk of clot-related stroke by 16 per cent, say Harvard researchers. To defeat the din, fit your home with laminated glass windows. Bonus: the polyvinyl layer in the glass will help trim your energy bills.

0-4 POINTS: HEALTHY HOOD You're in a prime spot for growing old. Add more benefits: walk or bike to work. Active commuters are about 30 per cent less likely to be obese, reports *PLOS Medicine*.

5-8 POINTS: NEIGHBOURHOOD WATCH Beat your street with sleep and exercise – and pop a fish-oil supplement. The omega 3s can help blunt the effects of stress, according to a Michigan Tech study.

9-12 POINTS: MEAN STREETS Your community is killing you. If you can't move, travel. Regular holidays may reduce your risk of heart disease, a 2013 review in the *Journal of Travel Research* found.

Give 'em **The Finger**

INTRODUCING THE LOCKWOOD KEYLESS RANGE.

Don't get locked out - get Lockwood Keyless and you'll never have to worry about your keys again. No more fumbling for them in the dark, no more leaving them under pot plants for your friendly neighbourhood burglar to find - and no more strange looks when accidental lockouts do happen. In fact, with Lockwood Keyless, you can give all that the finger.

Go Keyless, Go Lockwood.



1.



2.



3.



4.



5.

1. 001 Keyless Digital Deadlatch 2. Keyless Digital Deadbolt 3. Nexion Keyless Entry Lockset 4. Code Handle 5. 530 Digital DX



Scan the QR code
to view our new
TV commercial

To view our complete keyless range, visit thefinger.com.au

LOCKWOOD
ASSA ABLOY

FAST TRACK YOUR FAT BURNING

Your metabolism is your engine – it drives you, turning food into fuel and leaving fat for dust. So if weight loss is your goal, follow our guide for a full day of fat burning from sparrow's fart to lights out

07.00

PUT FRUIT IN POLE

Go... go... go! Get a grapefruit. Researchers at the Scripps Clinic in San Diego found people who got their mornings off to a flying start with half a grapefruit lost an average of 1.3 kilograms over a 12-week period. It's all down to one formula: the chemical properties in the citrus fruit reduce your insulin levels, which fires up your metabolism straight off of the grid.

07.30

JOIN THE SCRAMBLE

Now add two scrambled eggs and a pile of beans to your plate. A recent study at Purdue University found a high-protein breakfast fuels fat burning, as more energy is needed to digest it compared with a high-sugar or high-carb start to your day. It also avoids the blood-sugar spike – and crash – that cereals packed with the sweet stuff can create.

22.00

DRINK TO VICTORY

Finish your day with a carton of milk – the calcium will act as a metabolic trigger. Mozzarella cheese and two plain yoghurts a day will help you clock up your 700-milligram RDI of calcium. "Milk is also a source of unrefined simple carbs, keeping insulin low," says dietitian Juliette Kellow. You need to keep insulin in a low gear, as high levels tell the body to store fat – and that's one warning flag you don't want to ignore.

19.30

TRACK TEMPERATURE

Pull in to give your engine some afterburn courtesy of capsaicin, an active component in chillies. Chop a few fresh chillies into dinner to encourage thermogenesis – your body's heat-generating response, which helps burn kilojoules. "For maximum effect, it's best to eat chilli-based foods on a daily basis," says Dr Jeya Henry, professor of human nutrition at Oxford Brookes University.

08.00

TEST YOUR METAL

Negotiate a sharp right turn into the weights room. "Devote a short amount of time to resistance work, to raise your metabolism," says health psychologist James Lamper. Perform one set of 8-10 exercises per muscle group, 2-3 days per week. A University of Wisconsin study found that when men completed a full-body workout with just three big-muscle exercises – bench press, power clean and squat – their metabolic rates were elevated for 39 hours.

11.00

BURN UP ON THE WET

Things are hotting up, and though you might not welcome wet conditions, you need to take on water. Add a few ice cubes to every glass – this burns around 300 extra kilojoules a day (that's around 2100kJ a week). This will raise your metabolic rate by 30 per cent, according to Berlin's Franz-Volhard Clinical Research Centre. "Water's also an appetite suppressant that banishes bloating, as it flushes out toxins," says the centre's Michael Boschmann. The effect starts within 10 minutes and hits top speed around 35 minutes in.

12.00

SMOKE YOUR ENGINE

Stop to fill up your tank with a smoked salmon, soft cheese and spinach sandwich, and throw in a pack of nuts and a small yoghurt. Each of these contain the metabolism-firing mineral magnesium and polyunsaturated fats, which increase your testosterone levels. "Raised testosterone levels give your metabolism an extra spike – so stock up on fish, seeds and walnuts to rev up your fat-burning at lunchtime," says Lamper.

15.30

STOP TO REFUEL

Keep your speedo maxed with half a chicken breast. "Metabolic rate goes up with the ingestion of food," says nutrition scientist Jeff Volek. "This is the thermic effect of food (TEF)." The TEF of protein is about 25 per cent, so a quarter of the kilojoules it provides are burned during digestion. (Carbs have a TEF of about 10 per cent, fat has a TEF of five per cent.) "So eating several small protein meals a day keeps your metabolism elevated," says Volek.

17.45

WEIGHT TO WIN

Return to the weights room after work to hit the muscle groups you missed this morning. "Muscle tissue burns more energy than fatty tissue," says Dr Catherine Geissler, head of health sciences at King's College London. So increasing your muscle/fat ratio will give you a higher resting metabolic rate. Geissler estimates that increased lean muscle mass will boost your daily energy expenditure by up to 14 per cent – that equates to 1200kJ a day.



17 THINGS... THAT ARE INDEFENSIBLE

From emotional investment in *The Block* to sunbaking in Speedos, some things in life are simply beyond justification

Primping yourself in the lift mirror

On your own? That's between you and your Little Voice. But in company, trust us, it's way too Derek Zoolander.

Swearing loudly at work

Sure, it may feel like a legitimate vent. But the spectre of you going postal puts everyone else on edge.

Bragging about your drunken exploits

Come on, man. What was tiresome when you were 17 is downright torturous now.

LETTING YOUR TOENAILS GO FERAL

Wearing your sunnies on your forehead

What, you're anticipating blinding sunlight in the airport terminal? Leave that affectation to Alex Perry.

Sledging a teammate in park soccer

Okay, he should have centred the ball so you could have your crack at hollow glory. Let it go.

Hacking into your girlfriend's email

If you have grounds for distrust, talking to her shows far more gumption than resorting to tacky digital espionage.

PLAYING AIR GUITAR

Caring about reality TV shows

Don't you dare get anxious that Ed and Sarah won't finish their en suite on time. Face it: you're being played for a fool.

Wearing budgie smugglers

If you're competing in a race... maybe. Otherwise, you're showing us stuff that could replace Jaws in our nightmares.

Ribbing a guy over his haircut

We haven't really gotten past the ruthless teasing we copped at school after a visit to the barber. Please don't bring those feelings flooding back.

SAYING THINGS LIKE "GOING FORWARD", "INCENTIVISE" AND "OUTCOME-FOCUSED"

Reclining your airline seat

On flights under two hours – never. Long haul? Pick your moment. And warn the poor sap who's about to have his knees sewn to his chest.

Disciplining a child when the parents are right there

Doesn't matter if the brat just pissed on your lunch. Not your role.

**ON THE TRAIN, HUGGING THE OUTER
EDGE OF AN OTHERWISE EMPTY SEAT**

The soul patch

No explanation required.

Taking hot food into a cinema

We're aiming for a little escapism here, and the aromas wafting off your Quarter Pounder aren't helping.

It's not just your girl who finds those yellowing talons repulsive.

- Toenails grow at variable rates, but aim to trim them every 7-14 days. Because they cut in a straight line, clippers are your go-to tool. Don't go extra short in the corners as this can lead to infection and ingrown nails. Trust me, the effort is worth it: non-manky feet (rare on an active bloke) are always a hit with women.

Your expert: *Rena McKeon, therapist at Face of Man (faceofman.com.au)*

With or without facial contortions, it's not working for anyone out of primary school.

- But if you can't help yourself ... well, you might as well go all-out, prepping your act before shredding your dignity. Know the song, get a rockstar pout going, and copy the moves of some legendary guitarists, such as Angus Young's bunny-hopping or Pete Townshend's windmill strum.

Your expert: Josh Mapleston, finalist in the national Air Guitar Championships and writer of TV series I ROCK

Just use plain English. All non-robots prefer it, especially when delivering bad news.

- A lot of professionals will use language that alienates the people they ought to be serving. They want people to think they're smart and sophisticated because they know the jargon – and this may work for a while. But in my experience, the most successful people speak in simple terms that are easily understood, thus building strong relationships and good businesses. The keys to effective communication: honesty and listening.

Your expert: *Darryl Cross, occupational psychologist and leadership coach*

Slide your arse. Without being asked. No huffing and puffing.

- Always offer your seat to women – rise above the confusion that has infiltrated this issue of late. Whenever seated, take up no more than half the space, regardless of the dimensions of the person next to you. And keep any phone conversation as short as possible, sparing your fellow commuters the mundane details of your life.

Your expert: Anna Musson,
founder of The Good Manners
Company

DON'T SELL YOURSELF SHORT

Whether you're after a promotion or a pay rise, you need to convince your employers you deserve it. Here's how to show them you're the best (without actually saying it)...

There's a time and place for being open about your skills and achievements, and work is often one of them. You don't need to worry that you're coming off as a "show off" either. Here's our guide to demonstrating confidence and value so you can land that better job or pay rise.

SOLVE PROBLEMS

You need to clearly demonstrate how you add value at work via your skills and strengths. For example, if you're an IT whiz, have you fixed a frustrating tech issue for a colleague? Being able to help your team and resolve issues is a great way to show your value. So if you want to better your situation at work, keep an eye out for ways you can help.

DON'T KEEP YOUR KNOWLEDGE TO YOURSELF

If you've upskilled with further training – share the love! Sharing tips in a team meeting can help show your expertise in a constructive way.

RECORD YOUR WINS

Save emails praising your work, jot down the contributions you've made and ask clients for feedback. Tangible examples are invaluable in performance reviews or when you're applying for a promotion.

BECOME A SPECIALIST

If you become an expert in something, you'll build confidence and people will seek out your advice – a great way to demonstrate value.

NAIL YOUR ELEVATOR PITCH

You never know when you may need to impress someone, quickly. Stay clear on what you do, what sets you apart and what you can offer.

NETWORK LIKE A BOSS

If you build strong relationships with your boss, colleagues and others, they're more likely to speak highly of you. It's much easier to prove you deserve that promotion or pay rise if they already know how great you are!

LOOKING FOR A NEW JOB IN 2015?

SEEK Learning's expert consultants can help connect you with the course you need for the job you want.

TONY, SEEK LEARNING CONSULTANT



Looking to upskill?
Get started at seeklearning.com.au
or free call 1800 891 011



MASTER YOUR MEETINGS

Make the most of those dreary corporate pow-wows and you might find yourself at the top of the corporate tree

BY GIL SCHWARTZ



SOME GUYS MAKE IT TO THE TOP – others stop in the middle. For a good example of the top dweller, look at my mate Frank. Frank was monster rich by the time he was 40. Then he started over again and became disgustingly rich by the time he was 50. So what distinguishes Frank and all the Franks like him from the run-of-the-mill not-Franks in the corporate hive? It's his capacity to meet. When other men reel away from the table and say, "Help! No more!" Frank is just settling down to the second half of a three-hour meeting. He has breakfast meetings, lunch meetings, meetings over drinks and meetings over dinner. He's a meeting machine. The fact is, every high-echelon top dog I know has big, hulking meeting muscles. And there's no reason you can't have them, too, if you adopt the following habits of highly effective "meeters".

① START OFF WITH A LIGHTER LOAD

Throughout his long and storied career, Clint Eastwood has delivered some of the greatest lines ever uttered by men in the history of film. This includes perhaps the most pointed and excellent piece of advice for those who want to move forward instead of sideways in life: "A man's got to know his limitations". Imagine the human suffering that could be eliminated if we all adopted that wisdom.

In this case, it means knowing the number and length of meetings you can handle at this stage of your development. When I was younger? Two a day, tops. Any more was torture. After a while I decided to be more selective and schedule only meetings I was interested in. I adopted a snappy tone so people knew I had more things on tap than this one get-together. So don't try to slate more meetings than you can handle, or you'll hurt yourself.

The potential alternatives are endless. Two-minute chats in the office kitchen, nice exchanges over coffee, swift hits in the lift. Trap yourself in an airless room only when (a) you have to, or (b) you want to. People who clog their days with meetings are losers.

② UNDERSTAND WHY YOU'RE THERE

Every meeting has a reason for being, even one that has apparently no reason for being. Some organisations hold meetings just to figure out what to do. Some managers call them because that's how they best control others.

Your goal in most cases is threefold: (1) to make a contribution of some sort; (2) not to disgrace yourself; and (3) to leave the room with no-one thinking any less of you, and possibly more. So before you enter the room, think. Think about your strategy. Sit and not talk much? Do a lot of listening and look for an opening to shine for a moment? Get up on your hind legs and kick somebody's butt? Whatever you do, don't just go in there and suffer. Like all things in business, the prizes go

to the guys who go into everything with a posture, a plan and the balls to execute that plan.

③ MAKE IT FUN FOR EVERYONE

Great "meeters" contribute in such a way that people are glad they're there. Most of the time, it's not about jokes. In fact, a guy who tells a joke at an open meeting is either a fool or a professional comic. It's about making the group feel like a team of friendly draft horses pulling the same cart up the hill.

Frank had a gift for this. He would be sitting at a table full of the stalest, most tedious finance types. He would turn to the wholly featureless individual next to him and say something like, "Kate! How bright you shine this morning!" And Kate would blush, and everybody felt better about the meeting. He would goad people, poking them about their peccadilloes that time and familiarity had made known to him. And, okay, it was still a finance meeting, but it felt a little bit more like a campfire. Great technique. Made long meetings seem shorter. For me, I find that saying slightly irreverent or self-deprecating things can help pass the time – and make people glad I attended.

④ STAY ALERT – AND AWAKE

You'd be amazed at the number of guys I know who fall asleep in meetings. I did once, but only because it was a two-hour slideshow in a darkened room after I had been up until 3am drinking whisky with sales. I did my best to stay awake, but failed. I even snored. Humiliating.

⑤ KNOW WHEN TO QUIT

There are a million ways to ease out of odious occasions. I'm not talking about not going at all. I'll assume you're already there at the meeting and suddenly realise it's a total waste of time. Some techniques are old and tired; others you may dream up yourself right on the spot. Here are a few...

- Go to the bathroom. It's a basic human

I FIND THAT SAYING SLIGHTLY IRREVERENT THINGS IN A MEETING CAN HELP PASS THE TIME – AND MAKE PEOPLE FEEL GLAD I ATTENDED

right. In a one-hour meeting, you may go once without attracting attention. In a two-hour meeting, three times, with a longer stay on the third trip. If anybody comments, just say, "Too much coffee". Everybody can relate to that.

- About 40 minutes in, have a colleague wearing an apologetic expression pop into the room and discreetly wave to you. Then leave the room quietly with a distracted expression and, depending on the seriousness of the gathering, either never return at all or return after a time with your phone out, looking disturbed.

- It's also possible, believe it or not, simply to get up and vanish without comment. People have crises in business. Later you can call one or two people to let them know you were putting out fires around the building. They'll understand and appreciate the call. A caveat: don't do this if anybody in the top couple of tiers of management is present.

⑥ PLAY THE AFTERBURN

I'm convinced I was allowed entry into executive life because, at the start of my career, I was better at working the time after meetings were over than my bosses were. They went steaming off to other important duties and beverages while I stayed behind, straightening my documents, being pleasant, chatting with the ultra-senior officers in the room who always stayed behind to schmooze with one another. After a while I was recognised as being, potentially, executive-grade material. Why? Because I was there; I was in the room. Sometimes that is all that's necessary. I'm sure you can do that.



MEET LIKE YOU MEAN IT

Running a good meeting means using the right words at the right time, says Dr Heidi Gardner, an assistant professor at Harvard Business School. Follow her lead.

KEEP IT FLOWING

The more pressured your team, the more likely people are to clam up. Agree on the specifics of what each person should deliver, and don't allow the team to enforce an office hierarchy. Make everyone feel valued by reminding them of the overarching goal.

BAD "Pipe down – we don't want to be here all night!"

BETTER "Let's accomplish three things today..."

HOLD PEOPLE ACCOUNTABLE

Ask for input across the board. This holds everyone responsible for their work and gives you insight on progress and new ideas. It may also reveal if something else is going on that might be shutting people down.

BAD "Anybody else have anything to say? No? Good!"

BETTER "We've heard from Jonathan, Lisa and Jesse, but not Alex yet. Alex, what's your view?"

STAY IDEA-FOCUSED

Don't involve yourself in interpersonal conflicts or petty office feuds. Focus on the content, not the contributor. You'll avoid playing favourites or taking sides. Remember, your goal is to find solutions, not to play referee.

BAD "On this occasion, Jim's right and Jonathan's wrong."

BETTER "This idea is important for the project; the other isn't as critical in this case."
– Eva McEnroe



THE ONLY RACE WHERE THE FINISH LINE CATCHES YOU

ONE DAY **AT THE VERY SAME TIME** ALL OVER THE WORLD

MAY 3, 2015

MELBOURNE, 9:00 P.M.

100% OF THE ENTRY FEE GOES TO SPINAL CORD RESEARCH

**SIGN UP
NOW!**

LED LENSER® 

WINGSFORLIFEWORLDRUN.COM

THE PERFECTION MYTH

Accepting your dream girl isn't out there is the first step to finding one who's every bit as great

BY JESSE FINK

Was there a teenage boy alive in the mid-Eighties who wasn't tormented by the sight of Kelly LeBrock?

I was one of the multitude. I clearly remember my hormonal panic as a zit-flecked 13-year-old beheld this acme of womanhood in a cinema showing *Weird Science*. Girls like her actually existed. Better, they fancied dorks like me. There was hope!

Nearly three decades later, she's still causing hearts to race.

When I recently posted a still of LeBrock from the same movie on my Facebook wall, dozens of male friends, some of whom I hadn't heard from in years, were almost teary eyed with nostalgia. They came from all walks of life, from different points of the globe. It was a group purging of long dormant lust.

"My all-time favourite," one lamented. "She was one of my first crushes," sighed another. "That is all," quipped a third.

That is all indeed.

Could a woman be any more perfect? A supermodel face, upper-crust English accent, cherry-red lips and the sort of anatomical symmetry missing even from a Victoria's Secret catalogue meant LeBrock was hot property – and Hollywood was quick to catch on. A slew of high-profile magazine covers, *that* Pantene commercial ("Don't hate me because I'm beautiful"), two hit films in a row – 1984's *The Woman in Red* and *Weird Science* a year later – and then ... well, then she met Steven Seagal, married him, and that was that.

LeBrock effectively disappeared from public view, making some rock-headed action movies with Seagal, popping out three of his kids, then getting a divorce nine years later. By that stage, we'd all forgotten about her and so had the movie business.

But it's worth remembering just how far ahead of its time *Weird Science* actually was. It still teaches us lessons today. Far from being an implausible piece of nonsense, it was a premonition of a not-too-distant future in which technology increasingly transects our personal lives and our expectations of relationships. Watching it now, it also has a lot to say about the impossibility of perfection. →

"So, what would you little maniacs like to do first?"



To recap, *Weird Science* was a teen comedy in which two high-school nerds, Gary and Wyatt (Anthony Michael Hall and Ian Mitchell-Smith), inspired by a screening of *Bride of Frankenstein*, decide to "simulate a girl" so that they can "use it... ask it questions... put it in real-life sexual situations and see how it reacts".

Gary and Wyatt use their Memotech MTX512 home computer and hacking skills to unlock a treasure chest of *Playboy* mags and feed a scanner with images of things they want their dream girl to possess: a pair of hot legs (from real-life modelling shots of LeBrock);

Kelly LeBrock, circa 1985. Have leggings and high-cut Nikes ever looked better?

Ludwig van Beethoven (for his hands); a big pair of red lips; Albert Einstein (for his intellect); a Harry Houdini poster (for his problem solving); a David Lee Roth publicity photograph (for his free spirit and filthy mind). Supported by some hocus pocus, the computer does its work and, at the end of a cheesy pyrotechnic maelstrom, a door explodes and, before the boys' eyes, framed by a glowing hot-pink mist, stands LeBrock. She's alive. ALIVE!

"What would you little maniacs like to do first?" she smirks, with the sort of puckers tailor made for swallowing a dollop of whipped cream from the tip of a man's finger.

EVEN IN *WEIRD SCIENCE*, WITH A COMPLIANT, PERFECT WOMAN OF THEIR OWN CREATION, GARY AND WYATT DON'T GET THE GIRL

What follows is a feel-good story about two bullied, socially awkward boys gaining some self-confidence and acceptance – all facilitated by the magical "Lisa", who sadly never quite gets around to claiming Gary's or Wyatt's virginity.

It's a 94-minute exercise in suspending disbelief and not even my impressionable 13-year-old self was going to believe anyone could make a perfect woman with a piece of crap from RadioShack. I wasn't that stupid. Getting a girlfriend of that calibre takes a lot of work and a lot of luck.

But there have been times when I've suffered from a *Weird Science* mentality: thinking a "Lisa" is out there and just a keystroke away. I say "suffered" because it didn't bring me closer to finding a partner I can spend the rest of my life with – which is what I'd like.

Advances in computing, GPS-based dating apps such as Tinder and cheap plastic surgery for women (who *hasn't* had a boob job?) has made finding our own personal "Lisa" seem possible. When I got divorced in 2007 after a 10-year relationship, I was determined to find out. I went on a dating bender with the mission of seducing the ideal woman for me, wherever in the world she was. I had my own mental checklist and, as far as I saw it, could afford to be picky.

Prominent clavicles. Swimmer's shoulders. Ski-jump nose. Firm, large breasts. Flat stomach. Toned runner's arms. Tight butt. Long legs. Olive skin. Fine wrists. Graceful neck. Small ears. Cara Delevingne eyebrows. Wardrobe of Breton stripes and faded khaki. Sun-bleached hair. Post-graduate education. The wit of Dave Allen. The erudition of Christopher Hitchens. Good family. Kind

heart. And, yes, Kelly LeBrock lips. If only I'd had that magical scanner from *Weird Science*, I could have fed it subscriptions to *Spanish Vogue*, *Women's Health* and *The New Yorker*.

I came close a couple of times to finding my own "Lisa". But I also broke up with women for the most ridiculous reasons: "unattractive" private parts, saggy breasts... one girl got marched because she didn't know who Benito Mussolini was when I mentioned him in conversation one day. That's correct: I ended a relationship with an otherwise commendable woman – she was pretty, she was fit, she was great in bed, she could cook, she enjoyed cleaning up after

me, *was I mad?* – over a fascist dictator who'd been dead since 1945.

My pickiness was clearly out of control. I deserved to sleep alone.

But the more time went on, the more it dawned on me that to get anywhere near having a relationship that was durable, I was going to have to let go of some of these ridiculous expectations. I had to be realistic. Everyone is flawed. And I only had to look to LeBrock as she is today to see that immutable truth writ large.

LeBrock's second marriage, to Seagal, ended bitterly. She's now on her third. She turns 55 this month, and although she's still beautiful and has retained the physical architecture that brought her fame in the Eighties, she isn't what she used to be. (Nor is Seagal, by the way.) She's as normal as the rest of us – not the perfect woman by any stretch of the imagination; rather, a much-needed reminder that perfection, even if it is attainable, is fleeting. A dewdrop on a leaf.

There's the temptation to think that everything we enjoy in life is upgradeable; that finding a better, sexier woman is just as easy as handing in a beat-up iPhone with an outdated operating system to replace it with a shiny new one featuring all the bells and whistles. Or that there's something perfect around the corner – we just haven't found it yet with our armoury of GPS-enabled gizmos.

Even in *Weird Science*, with a compliant, perfect woman of their own creation, Gary and Wyatt don't end up getting the girl. Life can be like that. It rarely turns out the way we think it will, even when technology makes us feel that everything we desire is within reach.

At 55, Kelly LeBrock is more of a woman than she ever was in *Weird Science*. She's still alive – and she's real.

PROFESSIONAL WHEY

POWER YOUR PERFORMANCE



CONNECT WITH
US ON



PROFESSIONALWHEY

GO CLEAN.

GO PURE.

GO PRO.

DAVID POCOCK

Wallabies and ACT Brumbies Openside Flanker

"The supplement industry is a bit of a minefield as it's hard to get past all the hype and marketing and find what works without all the unnecessary ingredients that are in many products. Over the years I've become more concerned about what I am putting into my body and have looked high and low for a brand that provides genuinely healthy, ethical and effective supplements.

Professional Whey offers exactly that – an Australian owned and run sports nutrition company with products that stand out from the crowd. Professional Whey is deeply concerned about the quality of ingredients that they are using and where they are sourced. Professional Whey helps me achieve my rugby goals without compromising my health or my values of clean, wholesome nutrition. Their whole business ethos reflects that. Their products support a range of goals and are a sports nutrition brand that genuinely cares about the health of its customers."

Professional Whey is proud to be Australia's cleanest, most ethical and socially responsible sports nutrition brand that bridges the gap between sports nutrition and wholefoods.



YOU CAN FIND ALL OUR AMAZING PRODUCTS AT
WWW.PROFESSIONALWHEY.COM.AU
\$12 FLAT RATE SHIPPING, SAME DAY DESPATCH FOR ORDERS BY 2PM AEST

Wash.



Milk & Co, the Australian made skincare range created by Michael Klim. It's packed with natural ingredients which makes Milk & Co a daily essential for healthy skin. Check out the whole range, His, Hers, Baby and Active at milkandco.com.au or visit Coles, Woolworths, Thomas Dux, Discount Drug Store, Terry White, Good Price Pharmacy and selected pharmacies

milk & Co

THE
HIGH
FIVE

5 REASONS WHY SAUL GOODMAN IS A GOOD MAN

During *Breaking Bad*'s gripping six-year examination of one man's moral freefall, Bob Odenkirk's unscrupulous lawyer, Saul Goodman, provided a welcome circuit breaker. Now Goodman is back in new series *Better Call Saul* (starts February 8), set in pre-Heisenberg Albuquerque. In a tight spot? Here's why Goodman's your guy.

5

HE PLANS AHEAD

"Did you not plan for this contingency? I mean, the Starship Enterprise had a self-destruct button. I'm just saying."

1

HE HAS CONVICTION

"If you're committed enough, you can make any story work. I once told a woman I was Kevin Costner, and it worked because I believed it."

HE KNOWS THE LAY OF THE LAND

"As to your dead guy, occupational hazard. Drug dealer getting shot? I'm gonna go out on a limb here and say it's been known to happen."

2

3

HE'S PRAGMATIC

"All right, \$16,000 laundered at 75 cents on the dollar, minus my fee, which is 17 per cent, comes out to \$9960. Congratulations, you've just left your family a second-hand Subaru."

HE HAS SOLUTIONS (OF COURSE, THEY'LL COST YOU)

"Yeah, you do seem to have a little shit-creek action going... You know, FYI, you can buy a paddle."

4



SPIN CLASS

TV spin-offs are a risky proposition – for every *Frasier* there are a (sick)bucketful of *Joeys*. Here are some spin-offs we'd like to see



NOT SO HAPPY DAYS

The midlife crisis of a balding guy in a leather jacket on a motorcycle.



COUGAR ON RAMSAY ST

After a bitter divorce from Scott, a furious Charlene hits Tinder to prey on innocent 20-somethings.



AT HOME WITH THE LANNISTERS

Tywin, Cersei, Jaime and Tyrion share castle renovation tips and offer advice on how to survive family dysfunction.

DEATH BY SUGAR: DAMON GAMEAU'S EXPERIMENT SAW HIM COME UNSTUCK.



WATCH THE TRAILER
USE THE VIEWA APP TO SCAN
THE PAGE AND SEE A PROMO
FOR THAT SUGAR FILM

SICKLY SWEET



Sugar is the new fat. Seriously, in the past few years the sweet stuff has gone from mere tooth rotter to the new nutritional antichrist. How bad is it? In a new documentary, *That Sugar Film* (thatsugarfilm.com.au, out March), actor Damon Gameau goes from being sugar-free to scoffing 40 teaspoons a day – the average amount consumed by an Australian adult. The result? He piled on 10 kilograms and got fatty liver disease within three weeks. *MH* sat down with the filmmaker to discover the bitter truth about the sweet poison.

MH: Forty teaspoons a day sounds pretty crazy. What the hell were you thinking?

GAMEAU: I felt like there were two schools of thought on sugar. One group uses words like "toxic" and "poison" to describe it, the other says it's fine in moderation and a vital energy source. I thought it was pretty confusing. I'd given up sugar three years ago, so I decided the only way to discover the truth was to eat some for myself.

MH: Apart from your liver pinking up, what were the biggest surprises in getting back on sugar?

GAMEAU: It hit me for six mentally. Your mood is like a

yo-yo. But the biggest surprise was the caloric impact. The idea that a kilojoule is a kilojoule has been pushed by the food industry for years. But I was matching my previous (pre-sugar) kilojoule count and putting on all this weight. It poses questions about how we've been misled.

MH: You did eventually get used to life on the sweet stuff. Is it scary that most of us are walking around like sugar-fuelled zombies?

GAMEAU: If you've always lived this way you have no idea what life without sugar can be like. People might say, "Oh, I haven't had any chocolate or soft drink for a week", yet they've been eating low-fat

yoghurt and breakfast cereal that are full of the stuff. How does it affect the way we interact with each other? How does it impact the decisions we make?

MH: So, what are your tips for getting off sugar?

GAMEAU: Learn to read a nutrition label; learn that one teaspoon of sugar equals four grams. Don't fear fat; if you're really craving sugar, have a scoop of avocado or a handful of almonds. And look after your liver. It's estimated nearly six million Australians have fatty liver disease and only 6000 cases are caused by alcohol. Have a glass of warm water with lemon at the start of the day to flush your liver out.

YOUR CULTURAL HIT LIST

FEB 22

The 87th Academy Awards
Watching celebs gush and grovel in Hollywood's version of *The Hunger Games* can be entertaining, particularly if viewed as a drinking game – take a swig every time someone thanks God and "the crew" and you'll be tanked by the end of the first hour. Here's our pick of the flicks over the past year



1 Most ambitious use of quantum physics as a plot device
Interstellar



2 Most blatant case of Oscar-baiting through the use of a prosthetic nose
Steve Carell, Foxcatcher



3 The Christian Bale Lifetime Achievement Award For Getting Too Gaunt
Jake Gyllenhaal, Nightcrawler (lost 13kg)




4 The Fatboy Slim Award for going from tubby, funny dude to ripped action hero
Chris Pratt, Guardians Of The Galaxy



5 The Does-Exactly-What-It-Says-On-The-Tin Award
Nymphomaniac Volumes 1 and 2

“A FOOD THAT’S DESIGNED FOR PERFORMANCE”



Matt Aboud – age 27
World Champion Australian Swimmer

Spirulina is an easy to digest plant source of high quality protein. It contains 200% more protein than beef, reputedly the #1 source.

Whether it's the high percentage of protein or the vast array of vitamins, minerals, enzymes and anti-oxidants, Synergy Natural Spirulina is ideal for people on low-carb, high-protein diets and those who exercise vigorously or require explosive physical power as evidenced by the many world-class athletes who use it.

Blend Spirulina powder with juice, fruits or your favourite liquid base to create delicious fruit smoothies—or take tablets if more convenient.

Optimise your daily nutritional intake with Synergy Natural Spirulina.



SPIRULINA
from SYNERGY NATURAL

AVAILABLE in the vitamin section of most Coles, Woolworths and Safeway supermarkets, selected Health Food Stores and Pharmacies. Our full range of pack sizes and products can be purchased from our website.

synergynatural.com



THE OFFICIAL TIMEKEEPER OF
MANCHESTER UNITED



BULOVA
Accu • Swiss

SWISS MADE

Phone: 1300 720 873 • enquiries@time-essentials.com.au
www.time-essentials.com.au • [Facebook.com/TimeEssentials](https://www.facebook.com/TimeEssentials)

⌚, Bulova and Bulova Accu • Swiss are registered trademarks.
© 2014 Bulova Corporation. 65B159

CLOTHING THE DEAL

Congratulations: you nailed the first interview and you've been called back. Now heed these style rules to finish the job ►

PHOTOGRAPHY - BEN SULLIVAN
FASHION EDITOR - MAIA LIAKOS
GROOMING - KIMBERLEY FORBES
MODELS - ALEX / CHADWICK,
JAY / LONDON MANAGEMENT



- CALVIN KLEIN WHITE LABEL SUIT, \$599
- WITCHERYMAN CYCLADIC SHIRT, \$99.95
- VAN HEUSEN SILK TIE, \$49.95
- TRENERVY MODERN BROGUE BELT, \$99.95
- TRENERVY LEATHER TABLET CASE, \$149

WHITE COLLAR

This is the kind of suited-and-booted corporate gig where you have to dress by the rules

The Look

"A little tactical peacocking shows individual flair, but don't take risks with your suit," says life coach Sloan Sheridan-Williams. "Think of it as a solid foundation for your look." Display your individuality with a tie or a pocket square. "They should have colours in common," says Sheridan-Williams.

The Accessories

"A leather document holder implies that you're organised as well as stylish," says Sheridan-Williams. "You don't need to use a big bag because you've got everything under control." Remember: you're applying for a job, not moving in.

The Grooming

"The smoother your face, the more trustworthy you appear," says Sheridan-Williams. "The evening before, tidy up your eyebrows and errant nose or ear hair. These are areas that men often overlook."

Seal the Deal

Pay attention to the "three 12s", says recruitment consultant Neil Owen. "Your collar, tie, face and hair – your top 12 inches – are the first people notice, as are the first 12 seconds and your first 12 words. Choose them wisely."

RIGHT ■ BOSS SUIT, \$1199 ■ VAN HEUSEN SLIM-FIT SHIRT, \$69.95 ■ GEOFFREY BEENE SILK TIE, \$59.95 ■ BROOKS BROTHERS SILK PAISLEY POCKET SCARF, \$49.50 ■ LOUIS VUITTON LEGEND BELT, \$825 ■ THOM BROWNE SPECTACLES, \$650

BELOW ■ R.M. WILLIAMS OVERLANDER MEN'S WATCH, \$495 ■ LOUIS VUITTON LEGEND BELT, \$825 ■ ABELARD SILK TIE, \$99.95 ■ CHRISTIAN LOUBOUTIN GREGGO FLAT LEATHER SHOES, \$1195 ■ BVLGARI MAN IN BLACK EAU DE PARFUM, 100ml/\$121 ■ MARCS POCKET SQUARE, \$39 ■ THOM BROWNE SPECTACLES, \$650



MYER.COM.AU

LEVI'S® | JACKET \$129.95 SHIRT \$99.95 JEAN \$119.95



MYER0143

DENIM FINDS

LEVI'S® | G-STAR | DIESEL | RIDERS BY LEE | JAG | SCOTCH & SODA | CALVIN KLEIN JEANS

MYER

SOFT COLLAR

You're entering one of those wacky creative industries where the dress code is as vague as the job title

The Look

"Rate what the interviewers wore last time out of 10 for smartness, then beat it by one," says Chris Smith, from *myjobmatcher.com*. "If they wore light jeans and T-shirts, upgrade to dark denim and add a buttoned shirt.

The Accessories

"Many people wear trainers to work, but the 'one-above' rule still applies," says Smith. "Try loafers with block colour socks." Novelty hosiery is not a forum for creativity.

The Grooming

It's up to you – but graphic-designer stubble is risky. "You'll never miss out on a job for being clean-shaven, but you might not get one if you're deemed scruffy," says Owen. "Shaving the morning of your interview is the safest bet." The hipster beard can wait until you're ensconced.

Seal the Deal

"If you're still unsure about smartness, check the 'About Us' link on the company's website and note what the key personnel are wearing in the photos," says Sheridan-Smith. Or hang near the office at lunchtime – just try not to look like a stalker.

FAR RIGHT ■ BROOKS BROTHERS CHARCOAL BLAZER, \$599 ■ JAC + JACK ATTA SHIRT, \$240 ■ BEN SHERMAN SLIM STRETCH CHINO, \$119.95 ■ CALVIN KLEIN WHITE LABEL LEATHER BELT, \$69.95 ■ LOUIS VUITTON SKYLINE MESSENGER BAG, \$2010 ■ CHRISTIAN LOUBOUTIN GREGGO FLAT NAVY SUEDE SHOES, \$1195

RIGHT ■ MARCS DERBY SHOE, \$159 ■ RAY-BAN SPECTACLES, \$249.90 ■ COACH WALLET, \$290 ■ COACH ZIP TABLET CASE, \$295 ■ BEN SHERMAN CHECK TIE, \$69.95 ■ ISSEY MIYAKE L'EAU D'ISSEY POUR HOMME OCEANIC EXPEDITION EAU DE TOILETTE, 75ml/\$89



BEN SHERMAN

Science of *SPEED*

Live your life in the fast lane? You'll be needing one of these



GET THE LOOK
USE THE **VIEWA** APP
TO SCAN THE PAGE AND
GO WATCH SHOPPING



"Chronographs were the smartphones of their day," says Felix Scholz, editor of *Time+Tide*, an online watch magazine. Essentially a fancy term for a stopwatch, a chronograph was the multi-purpose tool that you reached for when you wanted to measure a patient's pulse, work out how fast you were travelling or time a 100-metre dash. "The sub-dials made quickly interpreting this information easier, breaking elapsed time down into hours, minutes, seconds and sometimes fractions of a second," says Scholz. This precision functionality meant that chronographs were traditionally the preserve of racing drivers, aviators or astronauts. "Most chronographs don't get used for timing more than the parking meter these days," admits Scholz. "But pressing those pushers, feeling the mechanical click and watching those little hands whirr around the dial is still immensely satisfying. Besides, who doesn't love a gadget?"

A RADO HYPERCHROME CHRONOGRAPH \$2725

High-tech ceramic is lightweight and hypoallergenic to give the wearer unparalleled comfort. This case is crafted from a single piece of ceramic – a feat of technical complexity that makes for a sturdier all-round package.

B LUMINOX P-38 LIGHTNING CHRONOGRAPH \$1200

Luminox is renowned for its toughness, which explains why it's been asked to make watches for US Air Force pilots. Maverick would be particularly keen on this handsome pilot's watch housed in a cushion-shaped case.

C BREITLING NAVITIMER 01 \$10,330

This iconic pilot's watch features a circular slide rule to handle all calculations linked to airborne navigation, from average speed to rate of descent. Last year's update is scaled up to a 46mm case for a larger timepiece that can be worn over a pilot's jacket.

D SEIKO SPORTURA \$895

The Swiss don't have a monopoly on quality timepieces, with Seiko delivering amazing functionality at highly competitive prices. The stopwatch on this chronograph can measure to one-fifth of a second and the watch is water-resistant to 100 metres.

E RAYMOND WEIL NABUCCO \$6950

Black on black. We're talking, of course, about the dial and ceramic bezel on this steel and titanium watch. The 46-hour power reserve indicator shows how long the automatic movement will continue to function when you take it off your wrist.

F BALL FIREMAN STORM CHASER PRO \$3900

This classic chrono features 15 micro gas tubes embedded in the hands and dial, giving unparalleled night- or underwater-reading capabilities. Anyone up for a spot of midnight scuba diving?

GNC PUREEDGE™

Super Natural Performance

THE NEW STANDARD FOR WHOLE-FOOD BASED SPORTS NUTRITION
PRODUCTS FORMULATED TO HELP YOU FIND A MORE NATURAL EDGE.

NEW!



COMPLETE PROTEIN CONTAINS:

- ✓ No Gluten-Added Ingredients
- ✓ No GMO[^]-Added Ingredients
- ✓ No Banned Substances
- ✓ No Artificial Sweeteners
- ✓ No Artificial Flavours or Colours
- ✓ No Preservatives

[^]Our products are tested by an independent third party lab for genetically modified material and test below a 0.9% threshold.

\$5 OFF

Present this voucher to receive \$5 off any GNC
PureEdge product at participating GNC stores only.
T&C Apply. Valid until 31/05/15.

Groom For Improvement

Unfair but true: good-looking people typically earn more than their plainer colleagues, according to the University of Texas. Think of these products as a career investment

By Eleanor Pendleton

WINNING TRIFECTA

Multi-purpose products that do the hard yards can save you time and money. Rather than trying to compete with your missus for bathroom space in the morning, keep your routine simple with this nifty triple act. Designed for top-to-toe cleansing, this shampoo acts as a shaving cream and body wash. Keep a bottle in your gym bag, too – it's perfect for your lunchtime sweat-fest.

QV SPORT 3-IN-1 SHOWER WASH, \$14.99

THE NITTY GRITTY

"A man's skin is 25 per cent thicker than a woman's," says Sydney skin expert Joanna Newham. "Men's skin is rougher and the collagen and oil levels are higher." This means your mug can become a breeding ground for grease, impurities and pimples – not a promotable look. The fix? "Use a face scrub," says Newham. Think of it as taking out the trash. Do it once or twice a week to dispose of facial gunk.

MILK & CO FACE & BODY SCRUB, \$12.95

HAIRY SITUATIONS

Sporting a chin bush in the workplace used to be a career killer. But research from the American Mustache Institute (yes, really) reveals most people now perceive hirsute employees as hard-working. The caveat? It's vital you keep your facial hair neat and healthy. This lightweight beard oil contains a blend of almond, jojoba and grapeseed to condition and nourish without leaving your beard greasy. Smells amazing, too.

TOM FORD CONDITIONING BEARD OIL IN OUD WOOD, \$70

CUT ABOVE

To avoid a dodgy 'do that'll mark you down as mail-room material, Anthony Nader, owner of Sydney's RAW hair salon, recommends hopping online and adding some visual references of what you're after. "Hairdressers are visual, so this will work a treat," explains Nader. Step two is finding the right product. Nader recommends a water-soluble soft wax, as it won't look too heavy.

ORIBE FIBER GROOM ELASTIC TEXTURE PASTE, \$42

SCENT OF SUCCESS

Looking sharp at work is all well and good – but you want to feel good, too. Enter the citrus scent. Brazilian scientists at the Universidade Federal de Sergipe found that people who sniffed citrus essential oil before a stressful test reported lower anxiety levels. Aside from being awarded the Fragrance Foundation's male scent of 2014, Polo Red contains notes of fresh red grapefruit. Dab some on before your next boardroom showdown.

RALPH LAUREN POLO RED FOR MEN, 125ml/\$115

NEW LYNX HAIR
HIGH ENERGY SHAMPOOS



SUPERIOR STYLE
STARTS WITH
Clean Hair

 **LYNX HAIR**



ANARCHY IN THE USA

Actor Charlie Hunnam doesn't play by the usual muscle rules.
But the rigid discipline of fitness helps him keep his
turbulent lifestyle in check →

BY JAMIE MILLAR
PHOTOGRAPHY BY TURE LILLEGRAVEN



It's 9.30 on Saturday morning and Charlie Hunnam has just dragged himself out of bed. It's not as leisurely a start as it sounds. "I was working late last night," he explains. "I didn't get home until 3am."

"Work" is something that's taking off for the beefy actor, who broke through as Jax Teller, the central protagonist in the full-throttle *Sons of Anarchy*, which wrapped recently after seven blood-soaked series. Hunnam is now gearing up to play the titular hero in director Guy Ritchie's franchise-to-be *King Arthur*—a role that insiders expect will propel the 34-year-old to full-blown dramatic stardom.

"I have a light frame, but I can't take my shirt off and just be skinny," Hunnam explains. "When you see a guy beating up multiple people and just being a general badass, you assume that he's going to look pretty formidable. Staying in the right kind of shape requires me to stay 5-10 pounds (2-4 kilograms) heavier than I would be naturally."

But when the only thing predictable about your day is it's going to be long, staying in any kind of shape requires flexible workout hours. One example: when filming on *Anarchy* ran late one night, Hunnam wasn't able to get to the gym the following morning like he'd planned. "But I was absolutely determined that I was going to train," he says. "So after we finished, I stayed behind for a little bit with one of my buddies and we did 400 press-ups in the parking lot. Then I rode home past a park with some gym equipment close to my house and I was like, 'Fuck it, I'm going to go for a little bit more'. So I did another 100 press-ups and I don't know how many pull-ups, probably like 50-60. I wasn't really counting. I just try to fit it in where I can."

It quickly becomes apparent that Hunnam's dedication goes way beyond mere contractual obligation. "I get more out of physical fitness mentally

than I do physically," he says. "It's like the oil change. Your body is mainly water and it gets dirty, you know? You've got to get out the dirty water, otherwise it's going to corrupt everything: your thoughts, your emotional process and obviously your body." His belief in the importance of a healthy mind in a well-serviced engine is firmly held, if unconventionally expressed: "I get really addicted to the endorphin release of working out and my whole physiology starts to rely on that. Once I stop for whatever reason, I'll start to feel a little cloudy, and then depressed." In other words, he's not a man to stagnate.

BE A MACHINE

If that drive is helpful for keeping a torso ticking over, then it's imperative when you have to rev things up—like Hunnam did for 2013's giant-robots-vs-monsters smackfest *Pacific Rim*, his first leading role in a *bona fide* blockbuster. Director Guillermo del Toro declared that he wanted Hunnam to look like "a man capable of saving the world" (because, of course, the best candidates to pilot giant robots wouldn't be slightly pudgy teenage boys who play too many computer games). A tall order when you've come off the back of six months of 16-hour days, you've got a →

**"I GET REALLY ADDICTED TO
THE ENDORPHIN RELEASE
OF WORKING OUT"**





Online



In Store



Mobile

Available at Woolworths



FINISH EVERY WORKOUT RIGHT

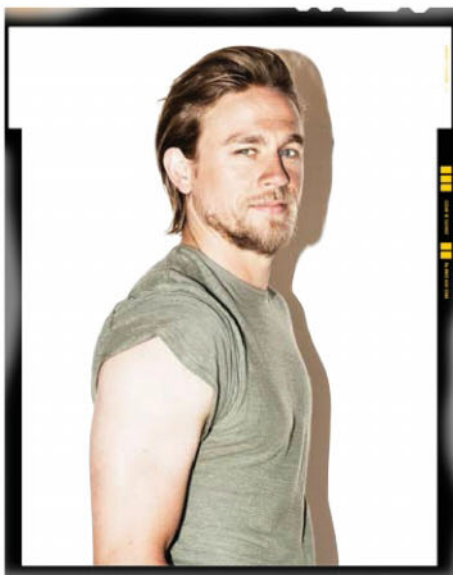


**SUPPORTS
WORKOUT
RECOVERY**

**SUSTAINED
ENERGY**

**GRAB 'N GO
NUTRITION**

CYTOSPORT® PRODUCTS COMPLEMENT A SMART EATING AND HYDRATION PLAN.
©2014 CYTOSPORT, INC.
MUSCLEMILKPROTEIN.COM.AU



fortnight before filming starts, and the all-important shirtless scenes are being shot in the first three weeks.

"I had to dig deep," Hunnam recalls. "I went to the gym after work every single night no matter what I'd been doing or how tired I was. I just had to keep in very clear focus how fortunate I was, that this was everything I'd always ever wanted, my dream, and use that as motivation. Because it really is brutal, having to go to the gym when I've been up for 19 hours and I still have 'homework' to do. It ends up being a 22-hour day, followed by five or six hours' sleep."

But before you start tuning your tiny violin, he isn't looking for sympathy: "There's a lot of competition out here, man. It's *fierce*. You've got to suck it up and get it done."

Hunnam's not a great fan of PTs. Instead, he does things his way, predominantly with his own body weight. "I love calisthenics," he says. "For *Pacific Rim*, I did more chin-ups than I've ever done to get that thickness in my back and shoulders. I was *killing* it. I got to the point where I would rock out 200 chin-ups in a session – with maybe 15-20 muscle-ups."

It's proof that lifting the equivalent of a giant robot isn't the only way to be built like one – or even the best way: "You see the dudes on the leg-press machine doing 10 reps with plates piled up on either side looking like they're about to explode, blood vessels bursting out of the side of their head ... I go in and do sets of 50 body-weight squats and I know for certain I'm getting so much more cardiovascular benefit, it's more functional and there's much less likelihood of getting injured. Plus calisthenics feels like old-school *man* stuff."

Hunnam's got big things on the horizon – like the small matter of the lead role in the mooted six-film *King Arthur* series, the first of which starts filming soon.

"I am going to get into *incredible* shape for that," Hunnam promises. "I've decided that my rule throughout is going to be 'hard and fast'. And whether I work out or not, I'm going to do 500 push-ups a day. Because you see those dudes who say, 'No matter what, I do 500 push-ups a day'. And I thought, 'You know what? That's the kind of guy I want to be.' My other goal is to rock out 15 muscle-ups in a row. That's my solemn vow by the time I talk to you next. In fact, you've got to join me in the challenge."

See you at the bar. ✕

OUTLAW MUSCLE

As we've established, Hunnam rarely has time for five-day body-part splits: "So I've got it down to a basic tune-up workout that I can do in an hour. It gets my heart going, I sweat like crazy and everything gets a little bit of action." What makes it basic is how he does it: instead of rigid sets and reps, he sets himself a target for each exercise – like, say, 75 chin-ups. Then? He does whatever the hell he wants. "I'll do a set of 15 really wide chin-ups, then a set of 10 more biceps-style. Then when I get to, say, 60 chin-ups I'll do a set of push-ups to keep it fresh. Or sometimes I'll cycle them like a circuit, but I try not to have a specific plan. Just as long as it all gets done."



Spend any spare time you have on your abs and lower back.

AVAILABLE AT H&M MELBOURNE'S GPO, MACQUARIE CENTRE SYDNEY
AND INDIGOOPOLLY SHOPPING CENTRE BRISBANE IN MARCH 2015

Blazer
\$69.95

20% OFF MENSWEAR

Valid from 9th February - 8th March 2015 at any H&M store in Australia. One voucher permitted per customer per transaction. Please present this voucher with your purchase. Voucher cannot be used on purchases of H&M gift cards, designer collections or in conjunction with any other offer.

H&M

H&M



Port Adelaide fitness guru, Darren Burgess (far right), has created a radical running regimen that's turned the cellar-dwelling club into premiership contenders.



THE HEAT

BY AARON SCOTT
PHOTOGRAPHY BY NICK CLAYTON

REVOLUTIONARY
TRAINING TECHNIQUES
AT PORT ADELAIDE HAVE
REDEFINED NOTIONS
OF FITNESS IN THE AFL.
WANT TO RESET YOUR
PHYSICAL LIMITS?
GENTLEMEN, IT'S TIME
TO STEP INTO . . .

LOCKER





It's just gone 11am

and the thermometer clipped to the Alberton Oval fence shows a temperature nudging 34°C. A week earlier, scorching winds raked over Adelaide, pushing the mercury above 40°C and sparking a string of wild bushfires in the hills north of the city. But today's heat is different: it's cloying, close, breathless. An afternoon thunderstorm is predicted and – judging by the rivulets of sweat running down the faces of the Port Adelaide players – it can't come soon enough. They've been out in the middle of the oval for more than 90 minutes, playing mini games, sprinting through game-style set-ups and occasionally dropping into punitive sets of push-ups.

They're blowing hard when coach Ken Hinkley calls the squad into a huddle and informs them they're going to do some running. The players glance at one another. This is unexpected. Running now? Sensing their trepidation, Hinkley raises his voice: "This is a mental battle. We're two-thirds of the way through this session – let's finish it off." Having said his piece, he hands the team over to his high-performance manager, Darren Burgess.

Hands on hips, a stopwatch slung around his neck, Burgess outlines the plan. The players will be doing 100-metre shuttles with a 45-second jog recovery. "You'll be getting a decent break," he says, "so I want the hundreds to be sharp." He doesn't tell them how many reps they'll be doing; he doesn't tell them how long the session will last. The players line up.

The first few reps look easy, the midfielders scampering out in front, the ruckmen lumbering behind. By the sixth rep, however, some of the bigger men are starting to look ragged. By the seventh, you can hear the pneumatic hiss of their breath. By the eighth, they're cactus. Burgess

blows his whistle. "Righto, get in the goal square and have a drink. We're going again in two minutes." From somewhere in the group comes a stifled moan.

The session is pure Burgess. Nothing complicated, no parameters, no heed to the thermometer. Just run. And run. And run. Until you're told to stop.

Burgess's motto is: "You can run more than you think you can". It's a philosophy he's imposed on the Port Adelaide roster since he came to the club in 2013 – and it's borne remarkable fruit. The under-performers who finished 14th on the ladder in 2012 are a team reinvented. Playing an up-tempo, run-and-gun game, the young Port line-up has stormed the past two seasons. Habitually gobbling up fourth-quarter deficits, they've out-run and out-last more fancied teams to finish within a whisker of the Grand Final in both years. And much of that success can be traced straight back to the big bloke with his hands on his hips and that stopwatch slung around his neck.

It's a singular achievement. Every footballer in the AFL is supremely fit; every club has a battery of trainers and high-performance staff beavering away to find that extra one per cent. And yet, peddling his motto, Burgess has taken Port to another level. In a league of hard-running teams, he's built a unit who can run harder; in a game populated by outstanding endurance athletes, he's honed a group of footballers who can last longer. His methods have revolutionised notions of stamina in the AFL – a true *Moneyball* moment in the realm of fitness.

Port Adelaide chairman David Koch is effusive in his praise. "There's a buzz around the club that wasn't there three years ago," he enthuses. "And Darren's been an absolutely enormous part of that . . . Along with Ken ➔

The Wisdom of Burpo TECHNIQUE


1 "When a lot of field-sport athletes take off, they're upright. Big mistake. Watch Usain Bolt run – he doesn't look up until he's about 40m in. When you're getting off the ground, or accelerating out of a tackle, lean forward as far as you can."

2 "Don't ignore deceleration – stopping is an art form. Practise coming to a quick and efficient stop by sprinting 20m, then giving yourself 3m to come to a complete standstill. Training the eccentric muscles is just as important as training the concentric muscles."

3 "Arms are underrated amongst field-sport athletes. Most footballers swing their arms across their body when they accelerate – that's counter-productive to linear movement. When you accelerate, your arms need to be driving straight ahead."

**BURGESS HAS TAKEN PORT TO ANOTHER LEVEL.
IN A LEAGUE OF HARD-RUNNING TEAMS,
HE'S BUILT A UNIT THAT CAN RUN HARDER**





**NO MATTER WHAT
YOUR GAME, NO
MATTER WHAT
YOUR FITNESS
LEVEL, YOU CAN
RUN MORE THAN
YOU THINK YOU CAN**

The Wisdom of Burgess **PRE-SEASON TRAINING**

"My general theory for a pre-season football program? Play the game. Try playing five-on-five or six-on-six on a full field. Whether you're an elite footballer or a park footballer, that challenges you to run. That's what we do here, and it's what we did with Liverpool and with the Socceroos – small numbers on a big field. It forces you to run."

Hinkley, he's been one of the two key building blocks of our football program. In terms of fitness and mobility, he's taken AFL to a whole new level."

Little wonder Port management guards Burgess's "intellectual property" with extreme jealousy. Fitness sessions are officially closed to the media. Numbers, data and specific sessions are kept under lock and key. But on this sweltering Adelaide morning, the curtain has been pulled back and *Men's Health* has been ushered in to watch this fitness guru at work. And as we watch the Port players line-up for their second set of 100m reps, it's clear Burgess's methods don't just apply to professional footballers. No matter what your game, no matter what your fitness level, *you can run more than you think you can.*

ABOVE AND BEYOND

Two hours later, sitting in a glass-walled office overlooking the squat racks of the Port Adelaide gym, Burgess delves into the nuts and bolts of his motto. In a career that's taken him from the Sydney Swans, to Port Adelaide, to the Socceroos, to EPL giants Liverpool, and now back to Port, he's observed the world's finest athletes at close quarters. And his observations have convinced him that the human body can withstand far more punishment than we could ever imagine. "If you compare AFL football to other team sports around the world – like NBA basketball, European soccer, even MLB baseball – they play a lot more games than we do, and they train a lot harder than we do. So my

general theory is that AFL players can run a lot further and a lot harder than has traditionally been thought." He shrugs: "That's what we're living and dying by here."

According to Burgess, it's a notion that applies as readily to the weekend jogger as it does the professional footballer. "The body only adapts when you take it beyond its normal course of exercise," he says, tapping the desk for emphasis. "In the gym, that means going to failure on every single set that you do. Where people go wrong in their day-to-day fitness is that they don't have that ability to push themselves to failure every single set."

Burgess employs the analogy of moving furniture. If you help a mate empty his apartment, you'll be aching the next day. But removalists? They'll be fine, because their bodies have adapted to the stresses of hoisting wardrobes and shifting couches. "You have to continually stress your body and take it to failure," he says, "otherwise it won't adapt." Couched in these terms, the philosophy sounds elementary – a basic process of stimulation and adaptation. In fact, it drives to the heart of how the human body registers fatigue.

Traditionally, scientists assumed that fatigue originated in the muscles themselves, with lactic acid building to a point where the muscle simply ceased to function. It was a theory that set clear parameters on the limits of human endurance. When your muscles filled with lactic acid, you stopped moving.

This theory, however, foundered in 1999 when a group of physiologists from the University of Cape Town



conducted a revelatory experiment. After pushing cyclists to the point of exhaustion on an exercise bike, the researchers measured the number of muscle fibres they were recruiting at peak effort. The figures stunned them: even at the point of blackout, the cyclists were using only around 30 per cent of their leg muscles. If fatigue was muscular, surely the entire muscle should have been firing as the cyclists' bodies began to shut down?

These results forced an about-turn in our understanding of physical exhaustion. Fatigue, the physiologists concluded, is a product of the brain, not the muscles. It's the work of a "central governor" that registers our energy stores and effort levels, creating painful sensations we interpret as an unendurable muscular exhaustion when they slip out of balance. That gut-wrenching certainty you'll keel over and die if you run another step? It's a trick of the mind.

Burgess, of course, is a fierce advocate of the central governor theory. "I'm absolutely convinced," he says, "that the mental barrier is the biggest barrier to physical success. It's a mental thing, not a physical thing." In his philosophy, your mind will always adapt to your workout. If you get tired running five kilometres, then you'll keep getting tired at the 5km mark, because your brain's anticipating it. Conversely, if you're constantly changing and expanding your workouts then your mind adapts to these new stimuli. "The more you can push yourself into that uncomfortable zone," says Burgess, "the more used to operating in that zone you become, and the more used

to pushing beyond that zone you become." Put simply, the more you push your body, the more you can push your mind. In this way, *you can run more than you think you can.*

CRANK UP THE HEAT

All of which is easily applied to your garden-variety jogger. But how do you take professional footballers – men whose craft is founded on exceptional running ability – into that uncomfortable zone? How do you take men who already push their body to the limit and push them a little further? The answer was beating down on Burgess's beaded brow – extreme heat.

When coaches talk about adding an "environmental stimulus" to training, they're typically referring to altitude training. Ever since the 1968 Olympics, which saw endurance athletes struggle at Mexico City's lung-busting elevation of 2240m, training at oxygen-light altitudes has been the method of choice for using environment to boost performance. Over the past decade, AFL teams have leapt on this bandwagon, with Collingwood, Brisbane, Carlton, Essendon, Gold Coast, North Melbourne, St Kilda and the Western Bulldogs sending squads to high-altitude endurance-sport meccas like Boulder, Colorado.

Using heat as an environmental stimulus, Burgess admits, has never been as "sexy" as altitude. "But physiologically, all you're doing is applying a stimulus to make the exercise harder. You're forcing your body to adapt to a tougher environment." →

The Wisdom of Burgo INTERVAL RUNNING

"The quickest way to elite fitness is interval training.

Three months out from the start of the season, run two-minute reps as hard as you can with a rest period of 50-75 per cent of your working time. So, for two minute intervals, have 60-90 seconds off. As the season gets closer, keep the same formula but lower the interval time. Drop it to one-minute intervals, then 45 seconds, then 30 seconds, then 15 seconds. You should be getting closer and closer to the specific running demands of your sport."



The Wisdom of Burgess HYDRATION

"I often laugh when I see a recreational runner trotting along holding a water bottle in each hand. The human body doesn't need that much hydration. You can exercise in far more compromised environments than you think you can. My rule: drink to thirst. Your body will let you know."

RECOVERY

"What most people don't realise is that you can get 85 per cent of your recovery through good nutrition and good sleep. The rest of it is just icing on the cake. Here at Port, we use ice baths and compression garments; we do a lot of flexibility work and a lot of yoga. But that's only the top 15 per cent. Get your sleep and nutrition right, and you'll be okay."

The mechanism is simple. When you stride out in a pleasant 20°C day, your body sends blood to both your working muscles and your brain. When you run in brutal 40°C temperatures, suddenly your body has a decision to make. Your muscles need oxygen, so it sends blood to your legs. And your brain needs oxygen, so it sends blood to your head. But now it's faced with a third challenge: you're working harder to evaporate the heat that your working muscles are creating, so your body also has to shunt blood to the skin where it can be cooled. Suddenly your heart's pumping blood to three places: the muscles, the brain and the skin.

"Basically, this means there's less blood getting pumped to your muscles," explains Burgess. "You're creating a starved environment for your body to work in. That's why heat is an extra stimulus. Train in the heat, then come back to a normal training environment and you'll have all these adaptations – increased plasma volume, increased mitochondrial activity . . ." He grins: "They're nice adaptations to have."

Indeed, research suggests the physical adaptations of sweating it out in heat may even outstrip those of blowing hard at altitude. A recent study from Doha's Aspire Academy of Sports Excellence sought to compare the impacts of altitude and heat on a professional football team completing a preseason camp in Qatar. At night, half of the squad slept in an oxygen-depleted hypoxic chamber, the other half slept in normal rooms. Once the sun rose, the entire squad trained in the searing desert heat. At the end of the 12-day camp, both groups showed almost identical gains in their high-intensity running performance. The researchers' conclusion: the additional effects of altitude were minuscule compared with heat training alone, while the practicalities of training in heat easily outstripped altitude.

Herein lies the real beauty of heat training. It doesn't demand a hypoxic chamber or a plane trip to Colorado. All it requires is a dollop of sunscreen and a willingness to sweat. These days, whenever Burgess goes for a run, he'll wait till the hottest part of the day before lacing on his trainers. He shrugs: "I like to challenge myself in that way." He contends that tapping into the performance-enhancing effects of heat is simply a matter of tweaking your routine. If you typically head to the air-conditioned comfort of the

gym during the heat of summer – get outside instead. If you set the alarm for your weekend run to avoid the heat of the day – sleep in and set out at 10am instead. "Gradually chip away at it," he advises. "It's not going to make you lose weight or shed muscle. What it is going to do is challenge your cardiovascular system to improve your fitness at a quicker rate."

Of course, "gradually chipping away at it" is not the *modus operandi* of professional footballers. For this reason, Burgess ramps things up for the Port boys. Over the past two years, the squad has opened their preseason with an eight-day blitz in the baking heat of Dubai's Nad al Sheba Sports Club. The heft of these camps is legendary. They're designed to push boundaries, stretch expectations, force adaptations. The running is constant, the intensity brutal, the heat horrific. Ask Alipate Carlile about the most recent camp and the burly shut-down defender cracks a wry grin. "Getting off the plane on the first day straight into a hundred hundreds – that wasn't pretty. From there it was pretty much all downhill."

Burgess has a chuckle at Carlile's dig. Yes, he admits the camp is high-risk. But it's also high-reward. As evidence, he offers his favourite moment from the club's first trip to Dubai in 2013. It was day nine, the last day of the camp. They were on a plane back to Australia that evening. As a finale, the players were paired off and instructed to run 1km reps at full throttle. One by one, they stumbled in, collapsing over the line. For the final rep, two midfield whippets – Kane Cornes and Kane Mitchell – found themselves at the start line.

Burgess's eyes widen as he tells the story. "The way these two guys attacked this last one-kay rep was absolutely incredible. It would have been really easy to say, 'You know what, it's been nine days straight, we're on the plane tonight, there's nothing riding on this, let's back it off'. But their natural, competitive instincts took over. They were neck and neck the whole way. It was incredible. They ended up running that kilometre in just under three minutes – which is a phenomenal time. In the last three steps the old-timer Kane Cornes said, 'You're not going to beat me'. He got over the line and won."

Yes, it's a tiny snippet of action, a "speccy" in the course of a season. But it's proof – if proof were needed – that Burgess is right: *you can run more than you think you can.*





**“HEAT IS GOING TO CHALLENGE
YOUR CARDIOVASCULAR
SYSTEM TO IMPROVE YOUR
FITNESS AT A QUICKER RATE”**



**EXERCISE YOUR
MIND WHILE YOU
EXERCISE YOUR BODY**

Having your fitness, study, social and career goals in balance can be done with a bit of forward planning.

BECOME AN EARLY BIRD

Wake up earlier and use that time to work up a sweat. Studies show exercising early helps keep you motivated and energised throughout the day.

TAKE SHORT BREAKS

Regular breaks during study are good for body and mind. Set a timer as a reminder, then do some stretches or get some fresh air outside.

FUEL YOURSELF THE RIGHT WAY

Prepare healthy, brain-boosting snacks in advance to keep your mind sharp and your metabolism burning.

KILL TWO BIRDS WITH ONE STONE

Take your iPad or course material to the gym and sit it on the treadmill stand, or read while on the exercise bike.

KEEP A BALANCE

Stay sharp mentally and physically by combining your fitness and social life. Join a social sports team or take a long walk with a friend.

Looking to study?
Head to seeklearning.com.au
or free call 1800 891 011
to get started.



THE SEVEN STEALTHY SINS OF 2015

The greatest trick the devil ever pulled was convincing the world he didn't exist. His second greatest trick was making us sin without even realising we're doing it. These are the year's most insidious health crimes. Stick with *Men's Health* and thou shalt not falter

01

Sloth

Sitting is the new smoking.

Take a stand for your health to ensure you don't die in the chair

THE SIN SEDENTEEISM

You work longer hours to make up for the sins of bankers and economists but, as a result, you are dangerously sedentary. A recent Australian Bureau of Statistics study found the average Aussie bloke spends the equivalent of 65 days a year camped on his backside.

THE WAGE

Parking it for long periods causes your muscles and joints to seize up and your metabolic rate to plummet. Research from universities in Kansas and Sydney shows sitting for four hours a day increases your risk of diabetes, cancer and heart disease. In short, you're a sitting duck for the reaper.

THE PENANCE

Fight against your desk job by hitting the deck at home. "Get on the floor when playing with the kids or watching TV – it stretches connective tissue for better flexibility," says biomechanist Kelly Starrett.

Many companies now allow employees to use standing desks; if you don't have that option, perform Starrett's desk workout (right) on your lunchbreak. "And remember: your best working position is your next one, so change often," Starrett says. Make every career move a smart one.

Get out of the hot seat
Loosen stiff joints and reignite your metabolism with these moves

● Foldover

Sitting cross-legged, fold at the hip and lean your upper body towards your knees.

● Hip rotation

Cross your right shin over your left thigh and pull the leg to your right. Swap sides.

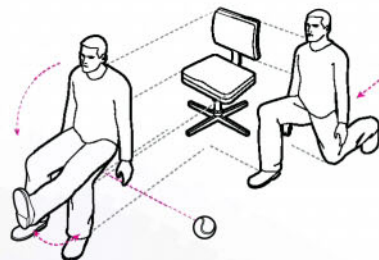
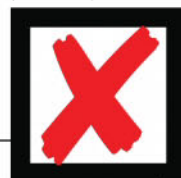
● Leg extension

Press a tennis ball into your hamstring. Extend and bend until the muscles loosen.

● Hip extension

Kneel, squeeze your glutes, thrust your hips, then swap knees. Just not in board meetings.

STAND AND DELIVER YOURSELF FROM SEDENTARY EVIL



02

Pride

Ultra races may be the runner's ultimate badge of distinction but don't finish second to your ego

THE SIN RUNNER'S HUBRIS

The number of participants in endurance events this year is set to double. Which is great – except that the have-a-go culture in which we all sign up for extreme races without adjusting our training can lead to serious harm. The road to hell is full of runners who didn't bother to taper.

University of Melbourne found extreme endurance events can raise cardiac risk sevenfold.

THE PENANCE

Your pride is writing cheques your training schedule can't cash. So before you sign up for that marathon across the Simpson Desert, ensure it's at least three months away. A study at Indiana University found the optimum training span for a marathon is 10-16 weeks. "And if it's a triathlon, incorporate brick sessions – bike-to-run workouts without a pause in-between," says conditioning coach Rob Blair. Use these shortcuts (below left) to ensure you always finish what you've started.

THE WAGE

Prepare for something worse than DOMS. Research shows that anything over a marathon puts unprecedented stress on your heart, with unprepared runners most at risk. A study by the

DON'T DO THE DIRTY ON
YOUR BODY. TRAIN SMART
TO PLAY THE LONG GAME



Outrun vanity

Leave nothing
to chance with
these tricks

● HIIT the hills

If you fall behind, add in two hill sprints per week: it improves your running economy, reports Sweden's Karolinska Institute.

● Advance Australia

Wisconsin Uni found that reciting a verse like the national anthem makes you run more efficiently.

● Mind the six-pack

Over long distances a strong core keeps your legs moving. Do two 20-minute core sessions a week – also handy for that photo finish.



03 Lust

Modern life is draining your sex drive. Disable “autoerotica” and enjoy a real-world thrill

THE SIN PAVLOV'S LEER

Between hook-up apps, scantily clad Snapchats and an Instagram feed clogged with underwear models, our digital lives now deliver 24-7 ambient smut. In 2015, there's no need to disable cookies – you have no choice but to watch porn.

THE WAGE

The droop-mongering headlines are correct: porn can damage your libido. Even if you have a G-rated browsing history, the digital age could be killing your sex life. Recent research from University College London found we're having less sex now than a decade ago. It seems our obsession with tech is distracting us from “analogue” bedroom fun.

THE PENANCE

“Digital ‘sexnology’ can lead to emotional disconnection,” says sex psychologist Robert Weiss. And that's making your libido stutter like dodgy broadband. Your move? Curb the sexting; research in the journal *Cyberpsychology, Behaviour and Social Networking* shows most women find it awkward. Make texts suggestive, not explicit, to build anticipation. And there's only one gadget that belongs in the bedroom: a vibrator. Indiana University research found introducing a sex toy heightens sexual satisfaction for both partners. That will blunt the attraction of apps like Tinder, which exploit the fact that the male sex drive seeks novelty. Finally, wrestle your mind back from Miranda Kerr's Instagram feed using this mindfulness exercise (above right). Recent studies show that regular breathing routines reduce distraction and raise sexual fulfilment. Who are we to argue?

TURN YOURSELF BACK
ON BEFORE YOUR LIBIDO
GOES INTO SHUTDOWN



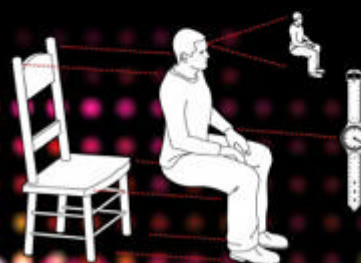
Mental foreplay

Exercise daily mindfulness to defeat digital distraction*

Sit in a high-backed chair, hands on your lap. Inhale deeply, focusing all of your attention on that breath. Exhale gently and repeat six times to centre your mind.

Focus on the sensations in your body, starting with your feet against the floor and moving up through your legs, your back and to the tips of your fingers.

Repeat the process for 20 minutes. If you feel distracted, bring your mind back. You're training your brain to narrow its focus – the right kind of one-track mind.



04

Greed

Hop off the latest financial bandwagon. Ignore the fads for smart investments and make a real fortune

THE SIN FAD FINANCE

When you see a fancy-sounding acronym in the financial press, it's easy to assume you're getting in early and set to make a fortune. But back the wrong horse and thou shalt not make a cent.

THE WAGE

Financial bandwagons are like *haute couture* – they can quickly fall out of fashion, leaving you short-changed. Take the much-hyped digital currency Bitcoin, for example. “We still don't know whether it will become a mainstream currency or not,” says financial adviser Mark Slater. “Don't bet on anything that could easily be wiped out.” *1 out.*

THE PENANCE

Use the form guide below to spot a moneyspinner. Then, if you do decide to make high-risk investments, buffer them with more stable alternatives. Slater points to smaller companies that fly below the radar – potential returns will be greater than with giants like Telstra or Apple. Find a reliable broker at the Australian Securities Exchange (asx.com.au). And be patient: all bubbles burst.



● Collapsing property

Beware investments that rely on interest rates or are prone to crashes, like commercial property. The last time that boom went bust, investors lost 60 per cent.



Keep good company
Heed Slater's advice to dodge risky financial fads

● Don't go to pot

Beware of popular marijuana stocks; several US states have legalised it but your cash is riding on these controversial laws lasting. High-risk investing indeed.



● Graduate debt

Avoid investments that require others' expertise. Graduate art might be tipped as a leftfield place to put your money, but you'll be lucky to spot the next Brett Whiteley.



05 Wrath

Social media is all the rage. Literally.

And we won't "like" you when you're angry...

THE SIN TOUCHSCREEN TOURETTE'S

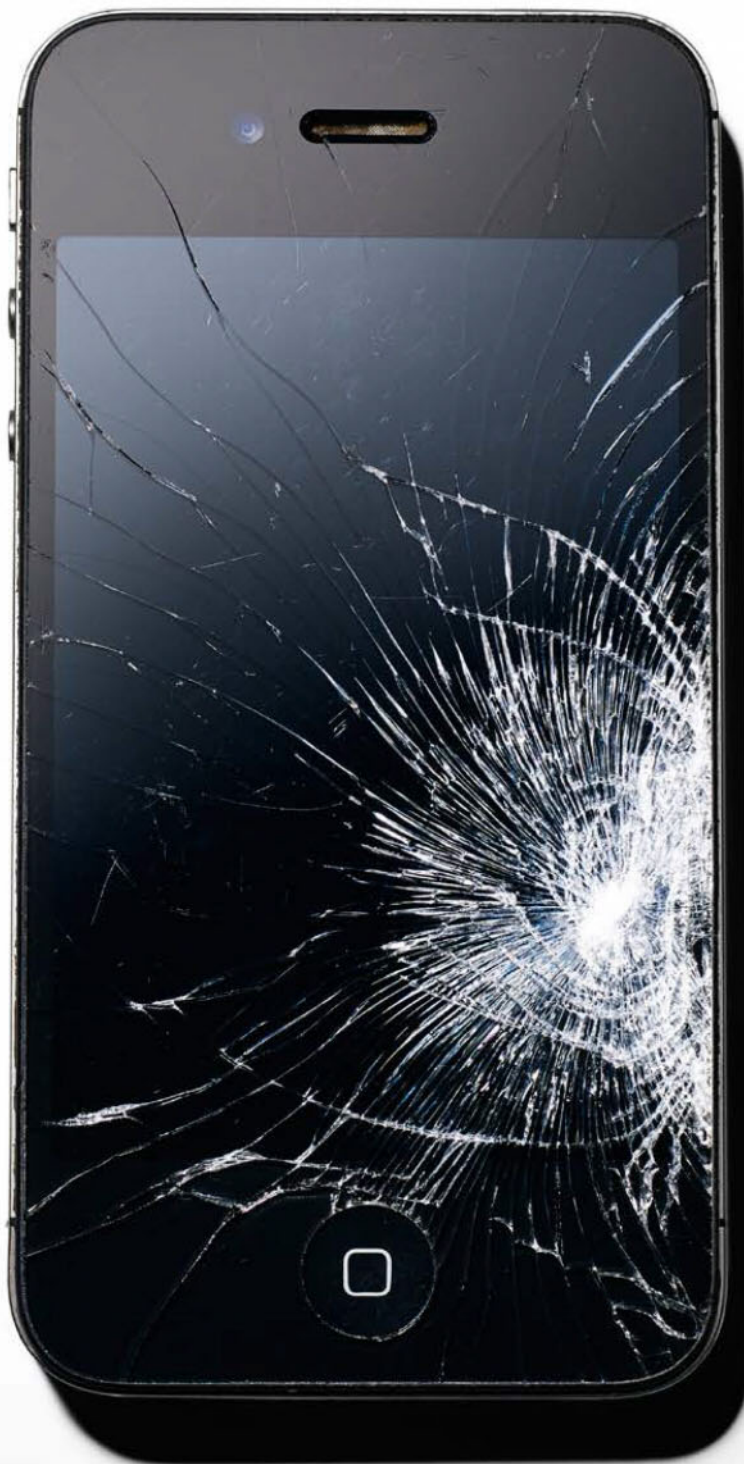
Yes, social media savvy is handy for self-promotion, but *Cyberpsychology, Behaviour and Social Networking* says we're more likely to make rash comments online. Bad news for your good username.

THE WAGE

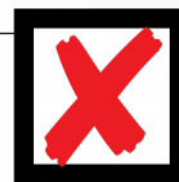
Your career and bank balance are on the line. According to legal analysts Sweet and Maxwell, online libel cases have doubled since 2010. Simply tweeting about a bad day at work can be viewed as bringing your company into disrepute. OMFG indeed.

THE PENANCE

Unfollow volatile tweeters – like Paul Gallen. China's BeiHang University found rage has a knock-on effect on social media; you're easier to wind up online than you are in the pub. "Swearing is a red flag," says Miles Osborne, a social media researcher at the University of Edinburgh. It's the most common marker in deleted tweets. And put senior colleagues in their own Facebook group, so they don't receive any of your sinful status updates. Trust us, no-one looks promotable after their third Jägerbomb.



BE A SMASH HIT ONLINE
WITHOUT TROLLING YOUR
REAL-WORLD REP



Three ways to temper digital fury

Know your
key triggers to
avoid virtual
firestorms



● 3am

Twitter's "angry hour"
– wait until morning.

SOURCE: CORNELL UNIVERSITY



● Boredom

The major motivator
that provokes internet
trolls. Load up GTA for
an alternative form
of digital venting.

SOURCE: LANCASTER UNIVERSITY



● 40 times

Email is this much more
persuasive than social
media if you need others to
come around to your POV.

SOURCE: MCKINSEY AND
COMPANY

06 Envy

Choice overload is turning you into a green-eyed monster. Be a happy shopper instead

THE SIN UPGRADE OCD

These days, we're in constant competition with friends and colleagues over our possessions, and spend an envy-driven fortune on things we'll tire of in months. Once, the only things to envy were a man's wife, car and job. Today, we covet everything from his next-gen sports watch to the steak dinner he tweets.

THE WAGE

This isn't just bad news for your wallet. Disturbing research suggests that the avalanche of daily consumer choices is making us depressed. We're suffering a collective meltdown, according to a study by Stanford University, which confirmed that adults become stressed and unhappy when faced with too much diversity.

THE PENANCE

It's not the actual purchase that's toxic but the amount of time we spend weighing up the next one – it's the brainpower we waste on choosing. In a joint study by Stanford and Columbia universities, students performed better writing one essay from a list of six topics than those choosing from 30 topics. Actively filter your options. Only visit two shops or three websites, or impose a 10-minute time limit to get out of the electronics department of Harvey Norman.

"To overcome 'choice overload' search for things in two phases," says Dr Thomas Hills, a psychologist at the University of Warwick. "The first phase is the exclusion phase. Try to get an idea of what the options are, what's the likely range." If you're buying a car, work out whether you need a family wagon or a two-seater convertible with racing stripes. "Then take a hard look and try to identify the tricks that might make something interesting but not viable in the long run," says Hills. Those racing stripes aren't strictly necessary, are they?

THE CUSTOMER ISN'T ALWAYS RIGHT. LEARN TO PICK UP THE BEST OPTION



Relinquish control

We make four of your purchasing decisions so you don't have to

● **iOS not Android**
"Third-party software makes iOS superior," says tech strategist Benedict Evans.

● **Micoach not Nike+**
Both fitness trackers are great, but Adidas' Micoach won in last year's MH lab tests.

● **PS4 not Xbox One**
"Sony offers a wider variety of games," says developer Byron Atkinson-Jones.

● **Wireless not wired**
Ditch the cable but not the sound quality with Parrot's new Zik Sport Bluetooth headphones.



07

Gluttony

Bingeing on “health food” is the last thing your body needs. Sink your teeth into a real nutritional feast instead

THE SIN NONTRITIONISM

You need to stop gorging on “diet” products packed with chemicals you don’t want. Sales of foods marketed for their healthy properties are exploding; analysts at research firm MarketsandMarkets predict gluten-free and similar foods will see double-digit sales rises for the next five years.

THE WAGE

Blindly filling your basket in the health food aisle can mean unwittingly stocking up on unhealthy ingredients, says dietitian Sioned Quirke. “They might be packed with preservatives to increase shelf life or sugar to enhance the flavour.” Plus, research shows we reward ourselves for eating “healthy” meals and end up consuming more kilojoules than before.

THE PENANCE

Learn to identify a sinful marketing fad from genuine nutritional salvation. Take, for instance, the gluten-free trend. Only 10 per cent of people are genuinely gluten intolerant and your “free-from” bread will contain additives to help it retain volume during cooking. “Gluten-free foods are usually highly processed,” says nutrition consultant Drew Price, author of *The DODO Diet*. He recommends sourdough. “It has naturally occurring yeasts so is kinder on your digestive system and is the only type of bread that has zero sugar.” Now try Price’s other swaps (right). Salvation tastes heavenly.



Go on a health-food fast

Chuck these in your basket for cleaner results



● Buy coconut butter

Coconut milk is often bulked with unhealthy xanthan gum; butter’s better for digestion. Bounty bars are out.



DON’T JUDGE FOOD BY ITS COVER – KNOW WHAT YOUR SNACK’S REALLY PACKING



● Eat Greek yoghurt

Lose plain fat-free varieties. Greek has twice the protein and heart-healthy fats. Keep it classic.



● Choose blueberries

Trendy agave syrup is 90 per cent fructose and can spike your blood pressure. But fresh blueberries? They certainly aren’t forbidden.





H A C K Y O U R

WHIP EGGS WITH A DRILL!

BY PAUL KITA

PHOTOGRAPHY BY
TOM SCHIERLITZ



KITCHEN

Smoke ribs on your stove!
Speed up your stir-fries!
Cure your own salmon!

And 29 more ways to create
faster, tastier meals at home
using gear you already have



GOOD FOOD DOESN'T HAVE TO COST THE EARTH. YOU DON'T NEED TOP-OF-THE-LINE TOOLS TO CRAFT AMAZING MEALS. MOST CHEFS DON'T WIELD \$500 JAPANESE KNIVES, SAUTÉ IN TRI-PLY COPPER PANS OR INVEST IN HIGH-END INDUCTION BURNERS. THEY EAT AND DRINK BETTER THAN WE DO BY IMPROVISING SOLUTIONS FROM KITCHEN WORKHORSES. ■ FOLLOW THEIR LEAD AT HOME. WANT TO IMPRESS YOUR DATE WITHOUT SHELLING OUT FOR TRUFFLE BUTTER? MAKE CHEF-CALIBRE GARNISHES IN THE MICROWAVE. THIRSTY FOR TOP-SHELF WINE? BREAK OUT THE BLENDER! WITH THESE TIPS, TRICKS AND WORKAROUNDS, YOU'LL NOT ONLY COOK SMARTER BUT EAT BETTER TOO.

TOOL REBOOT → CHOPSTICKS: THESE TAKEAWAY STANDBYS ROCK AT SCRAMBLING EGGS, FLIPPING BACON AND FISHING FOOD OUT OF JARS.



REINVENT YOUR SPICE RACK

Pre-mixed spice blends often overdo the salt to compensate for a lack of flavour. Instead, make your own range of versatile blends from jars you probably already have in your kitchen

– TV chef *Eden Grinshpan*

| | BLEND A | BLEND B | BLEND C | BLEND D | BLEND E |
|-----------|---|--|---|---|---|
| CUMIN | • | | • | • | • |
| CORIANDER | • | | • | • | • |
| TURMERIC | • | • | | | |
| CINNAMON | | | | • | |
| CAYENNE | | • | • | | |
| PAPRIKA | | • | | | • |
| | ▼ | ▼ | ▼ | ▼ | ▼ |
| Use It | For stir-fried prawns or to season fish for tacos | As a rub for roast chicken, or to sprinkle on pork chops | As a DIY seasoning mix for chilli, or on sautéed onions for burgers | To season burgers, rice and couscous dishes | As a dry rub for ribs or a seasoning for roasted vegetables |



2

BBQ INDOORS

Rig up this DIY smoker on your stove to infuse smoke into lamb chops, pork or beef fillets, chicken or turkey breasts, fish fillets, and ribs. The food won't cook all the way through with this method, so transfer it to a pan and finish it in the oven or on the stove



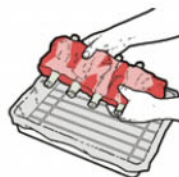
Step 1

Line a 40cm x 50cm roasting pan with heavy-duty tinfoil, leaving 8cm of overhang on all sides.



Step 2

Place a handful of small wood chips or finely ground smoking chips into the centre of the pan; the larger the piece of food, the more chips you'll need. Cover the chips with two layers of foil.



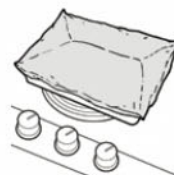
Step 3

Place a flat roasting rack on top of the foil and place the food you want to smoke on the rack, centred over the wood chips.



Step 4

Cover the top of the pan with three layers of foil, tenting it to create room for the smoke to circulate. Crimp the top and bottom layers of foil together to form a seal.



Step 5

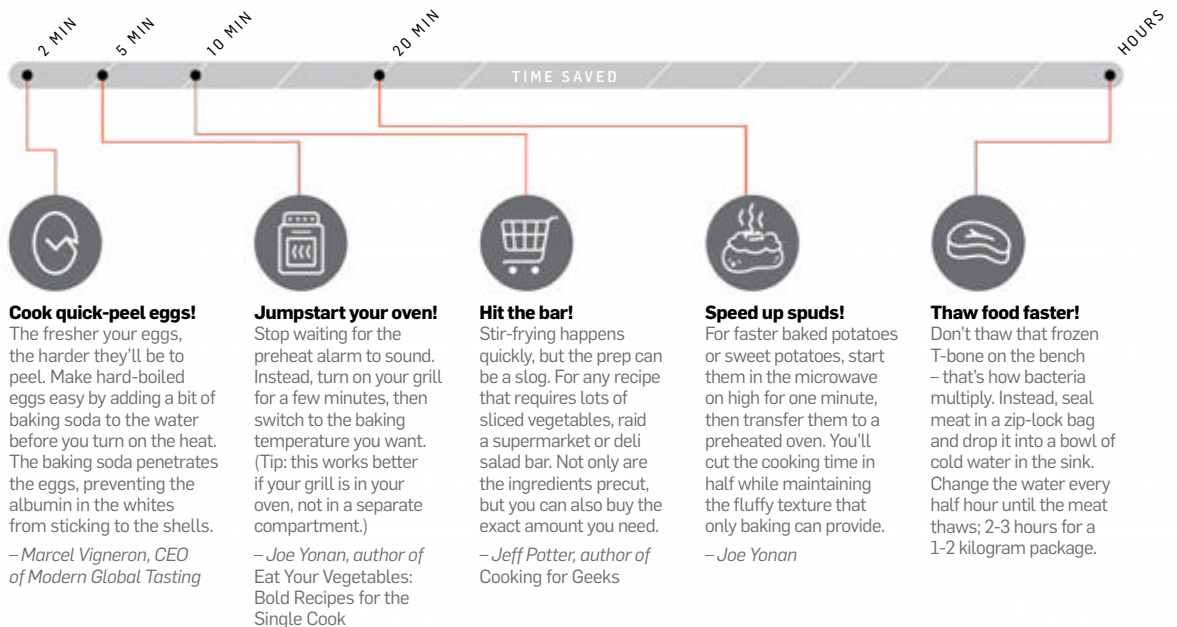
Place the pan on medium-high heat until smoke emerges; about three minutes. Reduce the heat to medium and let the food smoke (10-15 minutes for fish, 15 minutes for steaks and chops, and 20-30 minutes for chicken pieces, ribs or beef fillets). Remove the pan from the heat and let the meat rest for 15 minutes before you finish cooking.

— Method devised with Elizabeth Karmel, author of *Taming the Flame* →

3

SPEED-PREP LIKE A PRO

You might not have a head chef barking at you to hurry, but you always want to save time in the kitchen. Start with these strategies to help your meals hit the table faster



TOOL REBOOT → COLANDER: TO FRY BACON WITHOUT THE SPLATTER, POSITION AN INVERTED METAL COLANDER OVER THE PAN AS IT COOKS.



GO NUCLEAR

If you're only nuking leftovers, you're selling your microwave short. The electromagnetic radiation can act as a rapid-fire dehydrator, creating chef-worthy garnishes much faster than your oven ever will

► HARVEST OLIVE "SALT"

Intensify the inky colour and briny kick of kalamata olives by speed-drying pitted ones in your microwave.

HOW TO MAKE IT Pop a few on a plate and nuke them on high for two-minute intervals until you can crush them between your fingers. Use the robust seasoning as a stand-in for sea salt on steak, roasted vegetables or fish.

– Executive chef Levon Wallace

► CRISP PLATE-POPPING PARSLEY

Any amateur can sprinkle herbs on a plate. For crunch (and prestige factor), make flash-fried parsley.

HOW TO MAKE IT In a bowl, toss a small handful of parsley leaves with one teaspoon of canola oil. Arrange the leaves 1.5cm apart on a plate lined with paper towels. Microwave at 75 per cent power until crispy; 3-4 minutes. Allow to cool.

– Adapted from Nathan Myhrvold, co-author of Modernist Cuisine

◀ GO ALL CHEESY

Cheese is good. Melted cheese is even better. Cheese that's been sizzled to a crisp, cracker-like texture? Gold.

HOW TO MAKE IT Spread 2-3 tablespoons of grated parmesan on a microwave-safe plate to form a 10cm round. Microwave on 50 per cent power until crispy; 60-90 seconds. Peel it off when it's cool enough to handle.

– Chef Lachlan Mackinnon-Patterson

5

Raid Your Toolbox, Improve Your Food

SOMETIMES THE MOST POWERFUL
AND EFFECTIVE COOKING TOOLS
COME FROM YOUR SHED, NOT
YOUR KITCHEN CABINET

5-in-1 tool

Next time you're hungry, dig this multi-use painting tool out of your toolbox.

A. HALF-ROUND

Use it to clean barbecue grill grates. Its angles reach places a large grill brush can't.

B. GOUGER

Use it to pop a small hole on the top of a metal olive oil jug so pouring is easier.

C. SCRAPER/ PUTTY SPREADER

Use it, along with a dose of elbow grease, to remove the baked-on gunk from pots or baking trays. — Chef Mike Lata

Needle-nose pliers

A (clean) pair can extract fish bones fast. Drag your finger along the bones to expose them, then use the pliers to pull them towards the head.

— Executive chef Bryan Calvert



Cordless drill

Here are three reasons to keep that drill handy.

WHISK!

For extra-fluffy scrambled eggs, simply insert a whisk attachment into the drill and start beating.

GRIND!

Unscrew the knob from the top of a pepper mill, exposing the drive shaft, and tighten the shaft into your drill. Turn on the drill to grind a pile of pepper in seconds. (Pro tip: if not enough of the drive shaft is exposed, remove the pepper mill's head.)

SCOUR!

Drill a half-centimetre hole into the top of a large binder clip. Insert a half-centimetre-wide, 2.5cm-long bolt through the hole so the threads stick out the top, and tighten a half-centimetre nut onto the bolt. Now clamp a sponge into the clip, insert the bolt into the drill and turn on the drill to attack those pots. (Just don't scratch them with the clip.)

— Jason Poel Smith, creator of diyhacksandhowtos.com →





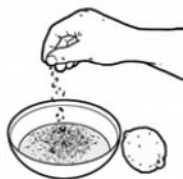
BE SALTY

A dash of sodium chloride can add much more than mere saltiness. No other ingredient has the power of humble salt to help elevate your cooking. Case in point: use a course sea salt to transform salmon into silky cured gravlax for your next breakfast



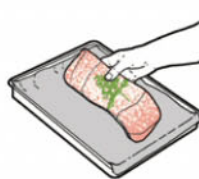
Step 1

In a spice grinder or a clean coffee grinder pulse together half a cup of sea salt, two tablespoons of light-brown sugar, and one tablespoon each of fennel seed, coriander seed and black peppercorns until roughly ground. Don't own a grinder? Pour the spices into a zip-lock bag and bash away at them with the bottom of a heavy pot.



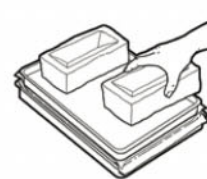
Step 2

In a medium bowl, combine the ground spices with the zest from half a lemon and two tablespoons of vodka. Mix well.



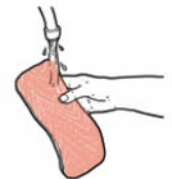
Step 3

Use paper towels to blot dry a 1kg boneless, skin-on salmon fillet. Place it skin-side down on a large piece of plastic wrap. Spread the salt mixture evenly over the flesh and top that with half a bunch of fresh dill. Wrap the salmon tightly in plastic wrap and place it, still skin-side down, on a baking tray lined with baking paper.



Step 4

Rest another piece of baking paper on top of the wrapped salmon, followed by another piece of plastic wrap topped with two bricks or large cans. Refrigerate until the salmon feels firm to the touch; 48-72 hours, depending on the thickness of the fillet.



Step 5

Remove the plastic wrap, rinse the salmon under cold water and pat it dry with paper towels. Slice and serve, or refrigerate, wrapped in plastic, for up to three days.

– Bryan Calvert

Save Your Food (and Your Shirt) with Salt

THREE MORE WAYS
THAT SALT CAN MAKE
YOUR LIFE BETTER

► SALT AS . . . AN EMERGENCY CLEANSER

When your exuberant mate spills red wine (or tomato sauce) on your shirt, it's time to take action. Remove the shirt, lay it flat and pour salt on the stain. Wait 2-3 minutes so the salt has a chance to pull out the stain. Next, suck up the salt with a handheld vacuum and throw the shirt in the washing machine. Oh, then tell your friend to buy you another bottle of wine. (Maybe make it a white.)

– Chef Fabrizio Cercatore

► SALT AS . . . A COOKING MEDIUM

Baking certain foods – like skin-on chicken, whole potatoes and whole fish – in salt keeps them moist. In a large bowl, whisk 12 egg whites until foamy, then stir in 1.5kg of sea salt. (Halve this recipe if you're baking a small amount.) Spread a 1.5cm layer of the salt mixture onto a baking tray, add the food, and cover with another 1.5cm layer of the salt mixture. Bake the food as usual, then let it rest for five minutes. Crack the salt crust, brush away the excess salt, and serve.

– Technique by chef Chris Jaeckle

► SALT AS . . . A FLAVOUR CARRIER

Skip the expensive flavoured salts and make your own house seasoning: take a large, flaky salt, such as Maldon, and pulse it in a food processor with your choice of minced garlic, grated lemon peel, chopped herbs or chilli sauce – whatever flavourings you love. Then let the mixture dry on some paper towel for 12 hours. Store it in a zip-lock bag or resealable jar and use it to season eggs, marinate chicken or pork, or finish seared steak.

– Executive chef Marc Forgione

CHAMPAGNE BOTTLE: THE STURDY BASE OF AN EMPTY BOTTLE MAKES A GREAT MEAT Mallet FOR CREATING THIN CUTLETS. JUST POUND THEM FLAT BETWEEN SHEETS OF PLASTIC WRAP.



MACGYVER YOUR BAR

There's no need to drain your drink budget to score superlative alcohol. Not when you can improve your drinking by several orders of magnitude with the help of horsepower, boiling water and a ball of string.

▲ Hyper-decant wine

Aerating wine opens up the vino's aroma. Oenophiles do this by pouring it into a decanter, but you can aerate with horsepower instead. Pour the wine into a blender and process it on high for 30-60 seconds. Wait for the foam to subside, and serve.

– Nathan Myhrvold



Chill beer fast

Warm beer sucks. And your fridge sucks at chilling beer fast. Instead, add one tablespoon of salt to a large bowl of iced water and drop in your stubbies. Salt lowers the freezing temperature of the water, creating a more Arctic environment for your brew.

– Jarrid Masse, co-founder of the Poor Porker coffee stand



Sip bar-worthy whisky on the rocks

Make ice with water from the tap and you'll end up with cloudy cubes. For crystal-clear ice, boil the water first to eliminate the dissolved gases, then let the water cool before pouring it into trays.

– Marcel Vigneron



Stage a rescue operation

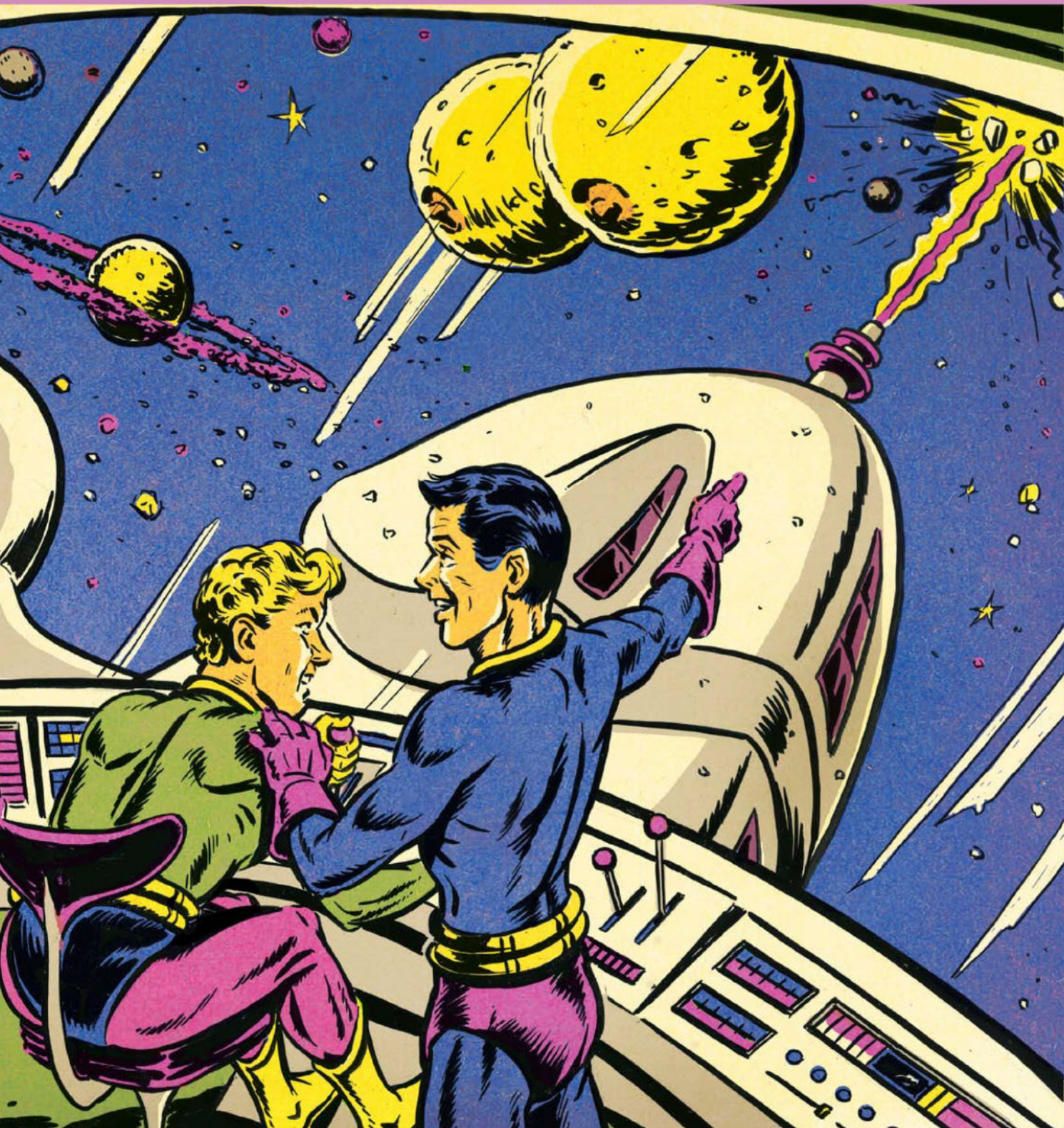
If the wine cork broke, fear not. Push the cork all the way into the bottle using the butt end of a butter knife. Then double-knot one end of a 30cm length of string and drop that end into the bottle. Tilting the bottle, use the knotted end to fish the cork towards the bottle's neck and then up and out. ✕

– Jarrid Masse



GAY GUYS TO

SAME-SEX COUPLES ARE HAPPIER AND MORE SATISFIED – AND HAVE BETTER SEX – THAN



THE RESCUE!

EVERYONE ELSE. USE THEIR SECRETS TO SUPERCHARGE YOUR OWN RELATIONSHIP

By Michael Callahan — Illustration by Jonathan Carlson —>

A funny thing happened because of laws preventing gay couples from tying the knot: they invented an entirely new kind of relationship blueprint. And when researchers checked it out, they found it seemed to be working better than the other one. The landmark 2008 study, published in the journal *Developmental Psychology*, followed gay couples for three years and found that, by nearly every metric, they reported higher-quality relationships and felt more satisfied than straight married couples did.

This wasn't exactly news to me. As a gay man, I know we defy the expectations of typical relationships. And while one study doesn't mean we have all the answers, it does mean we could have something to teach you. After all, we date guys like you – we are guys like you. Here's what gay couples are getting right. Prepare to revise your blueprint.

GAY GUYS MAKE SEX AN ADVENTURE

It wouldn't shock many people to learn that men have their minds on sex in a way most women do not. So put two (or more) men together who find each other attractive, and you can take a wild guess what happens. A study in the *Journal of Sexual Medicine* found that gay men do, in fact, tend to have more active sex lives – at least in terms of having more partners.

But here's where things get interesting. In the *Developmental Psychology* study, gay couples were also shown to have higher levels of affection and intimacy. That's partly because we access a greater number of sensual tools in order to enjoy sex to the fullest. People in same-sex relationships tend to be more satisfied with things like deep kissing, touching and undressing their partners than people in heterosexual relationships are, according to a study in the *Journal of Sex Research*. Indeed, of the four groups studied – straight men, straight women, gay men and lesbians – straight men

actually scored the lowest sexual satisfaction from those same things.

Where do they go wrong? A more narrow-minded approach to sex could be partly to blame. "Sometimes straight men undervalue sex play other than intercourse," says sex and relationships adviser Dr Debby Herbenick. "It's the variety of sex – kissing, touching, breast stimulation, toys and oral sex – that adds a much-needed dimension to a couple's sex life. Gay men often have a larger menu of things to choose from." Which seems counter-intuitive, since men have matching parts. But gender roles, Herbenick says, can be more flexible among gay men, so there's less stigma attached to things like the use of sex toys. Gay porn also eroticises behaviours like mutual masturbation, which you don't see much of in straight porn.

Straight couples also often struggle to be blunt about what they want from sex, says therapist Rik Isensee, author of *Love Between Men*. "It can make some men feel vulnerable to

admit that they could learn anything new about how to please their partner."

When you have that talk, start with simple requests, Herbenick says. If you normally have sex at night, see if she's game first thing in the morning, or head to the lounge room and christen the couch. Spontaneity and unpredictability are thrilling, and the residual excitement will leave her wanting more. Then follow up the next day, Herbenick says. Try something like, "Wasn't that fun last night? Here's what I'd like to try next..." Give her a chance to respond – you'll likely wind up with new material to fuel your sex life for months.

Or you could take a cue from another source of our creativity: porn. As Joe A. Thomas wrote in his chapter of *Sex for Sale*, a classic look into the sex industry, "Porn has always held a more accepted, even exalted, position in gay culture than in straight". Thomas cited a study that revealed that gay men watched porn at more than twice the rate of straight men – and that research was 10 years ago.

Gay couples quickly learn what a lot of straight couples take a long time to figure out: used as fantasy fuel, pornography can actually spark sexual novelty and creativity, which is valuable given that two people in a relationship almost never have identical sex drives. "If there is something insanely hot, I will say, 'You've got to see this,'" says Darren, 36, a marketing executive. "It's how we get ideas to wow each other."

That said, if you're going to show porn to your wife, be careful what you click on, says Herbenick. "Most women don't like mainstream porn, but female-oriented options are becoming increasingly available, like those from *Make Love Not Porn*, which depict women enjoying sex and being respected during the act."

Where you get your ideas, however, doesn't matter as much as what you do with them once you're both feeling inspired. I once had a boyfriend who propositioned me to have sex in the fire escape. I would never have done that. (But I'm so glad I did.) That kind of openness and honesty doesn't just translate to more sex – it translates to better sex.

"We go out by the pool and leave the gate unlocked," says Darren. "We suggest little things like that to keep the excitement in our sex lives." Then they follow through. →

COUPLES WORTH COPYING — NO KIDS

WHY THEY WORK
Couples without children are happier with their partners than parents are, according to a survey from researchers at the UK's Open University. They also do a better job of showing mutual appreciation.

STEAL THEIR SECRET
Compliment her, but not on superficial things, says relationship therapist Dr Michelle Gannon. Focus on her personality and why you chose her – her intelligence, humour or empathy, for instance.



WHAT GAY MEN SAY

83%

Are grateful they don't have to deal with a straight woman

23%

Report having sex three or four times a week

49%

Think they'll adopt or have children someday

69%

Say their straight male friends ask them for relationship advice

Based on a Men's Health/Out Magazine survey of 3290 men in gay relationships

ADMIRING OTHER GUYS IS PART OF THE FUN

Most straight guys can only imagine what might happen if their wife or girlfriend caught them leering too long at the yoga instructor. (The answer: nothing good.) That's why when Drew, 45, and his partner, Ari, 43, check out a hot guy, their straight friends are often baffled when it doesn't lead to an argument. "Straight men always say they wish they could do things like that," Drew says, "and women are shocked that we're so comfortable with it."

Ari and Drew are not exceptions. Another study in *Developmental Psychology* explored differences between straight and gay couples and found gay men to be "among the most secure adults" interviewed. Sex therapist Ian Kerner says much of this comes down to gay men's ability to generally separate love from sex. "Gay couples have often had more experience with open relationships and are more open to talking about it and experimenting with it," he says. A 2010 San Francisco State University study backs him up: the researchers looked at 566 gay male couples and found that nearly half were in an open relationship.

This also may be why flirting among friends isn't a big deal for most

gay men either. In fact, it's almost a constant: many of us are fine with the fact that our better halves flirt – in a way a lot of straight couples aren't. "I think, 'Look, he's going home with me every night,'" says Brian, 36, a lawyer who's been with his boyfriend for four years. "I know he loves me, and I trust him completely."

That's easy for my friend Brian to say, right? He's not staring down the barrel of the silent treatment for an entire week. Commitment and trust are critical to fostering intimacy with women, and flirting openly undermines those qualities.

"Women feel threatened and disrespected when their guy flirts with another woman, because it makes them feel unsafe," says Dr Paul Hokemeyer, a marriage and family therapist. "Sexually, economically and socially, women are more vulnerable. That's changing, of course, but there's still a ways to go." Herbenick suggests trying simple games, like "Hot or Not" or "Never Have I Ever", which allow you to bring up other people – and your dating past – in a non-threatening or even self-deprecating way.

Of course, just because gay men might be more comfortable with a

COUPLES WORTH COPYING PENNY PINCHERS

WHY THEY WORK
Thrifty couples are less likely to go into debt, says marketing expert Dr Scott Rick. That makes them less likely to fight about savings.

STEAL THEIR SECRET

Use an app like Mint to track spending, says financial adviser David Bach. Each week, identify three ways you could've saved. Set those as goals for the next week. Repeat until you're in the black.

little flirting doesn't mean we're free of the insecurities that may keep the average straight woman awake at night. So if you're looking to make her feel more secure in the relationship, here's another thing you should do (please, bear with me): talk more. My last boyfriend and I instituted a weekly "temperature check" where we just confirmed that everything was good between us. And sometimes that's all you need. Just knowing that she has the ability, and a designated time, to air any grievances may save you a world of passive aggression, says Hokemeyer.

While you don't always need to be having The Talk, taking the temperature every so often isn't a bad idea. If that's not your style, there are other easy ways to show her that she's valued and safe in the relationship, says Hokemeyer. One of the simplest: every time she mentions something small that she likes – a favourite drink, a new TV show, a restaurant she's been hoping to try – take two seconds and enter it into your phone's notepad. Pick one to spring on her a few days later and you'll reinforce that she's the only woman on your mind. And another long talk will be the last thing on hers.

Gay Guys are More Comfortable with Alone Time

Ari recently won an all-expenses-paid trip to Italy. And he took it – without Drew. "Having time to myself is never an issue," Drew says. Healthy couples have strong lives together and strong lives apart – which is important, because couples don't thrive when they're joined at the hip.

"It's when you ground yourself that you start to feel better, healthier, clearer and more satisfied with life," says Hokemeyer.

Whether we're travelling alone or with our partners, we're doing a good job of capitalising on our time off. A survey by Community Marketing & Insights, a market research firm focused on gay and lesbian consumers, found that gay and bisexual men average four holidays a year and that almost half have taken one lasting five nights or longer. And just 20 per cent of gay or bisexual men were motivated by romance with their partner when choosing a destination. Higher on the list: relaxing, and quality time with friends.

Straight couples become more self-focused, especially when kids enter the picture, says Kerner. "But gay male couples are more likely to have vibrant and extended

communities of friends who act like surrogate families." While date nights and "being there" for the other person are key, so is finding the time to disconnect and regroup on your own. And, no, that doesn't mean you need to ditch your significant other every time you're looking to add a new stamp on your passport. Couples who have taken a trip within the past four years are also more likely to be satisfied with their love lives than those who have not holidayed in five years or more, according to a survey by Expedia.

Here's what might help: encourage her to plan at least one getaway that's all hers too – and do it in advance. Just looking forward to your holiday can actually boost your happiness levels for weeks or even months beforehand, according to a study in the journal *Applied Research in Quality of Life*.

Admittedly, such freedom takes some getting used to. But it can also offer a lot of breathing room. One of the best relationships of my life was with a guy who lived by one simple motto: "We love each other, and we'll figure it out". That's the beauty of blueprints: they can always be altered to fit your needs.

COUPLES WORTH COPYING FIRSTBORNS, LASTBORNS

WHY THEY WORK
Firstborns enjoy taking control because they've often helped parents care for siblings, and lastborns are used to being looked after, says clinical psychologist Linda Blair, author of *Birth Order*.

STEAL THEIR SECRET

If you happen to be two of a kind, try to find ways to balance each other's needs – whether it's the need to exercise power (firstborns) or the need to be taken care of (lastborns). X

*By a bunch of rich guys and
MH's wisest Facebook friends*



The Best Ever

**SURE, YOU COULD SAVE MORE. BIGGER QUESTION:
WHAT'S WORTH PAYING FOR? OUR PANEL OF
SPENDERS – BIG AND SMALL – REVEAL WHICH
PURCHASES WILL YIELD INVALUABLE RETURNS →**

Buck Spent

A big stash of cash can be reassuring, calming, beautiful. But really, it's just numbers on a balance sheet. More beautiful: cash outlays that change lives. These guys learned the value of strategic spending. Have you?

SPEND FOR A TOEHOLD

DONALD TRUMP

BUSINESS MAGNATE, TV PERSONALITY



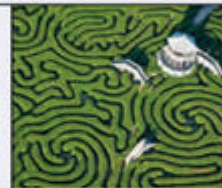
▲ AMOUNT \$335 a month

"I leased a studio apartment in Manhattan, and while it was tiny and had no view, I was thrilled. I had moved into Manhattan and I felt I had really arrived. It was a great feeling."

PAY TO GET LOST, AND FOUND

STEVE WOZNIAK

CO-FOUNDER, WITH STEVE JOBS AND RONALD WAYNE, OF APPLE COMPUTERS



▲ AMOUNT \$52

"A ticket to one of the largest hedge mazes in the world at Longleat House in the UK. You run this maze for what seems like an hour, and eventually you luck out and solve it. I ran the maze time after time and still do. A few years ago I paused for a long time at the elevated finish point, scanned the maze and determined the shortest solution and the easiest set of two rules to get there. Sure, I could have used Google Earth or a satellite image to find the best path, but I didn't do it."

SPEND FOR AN ADVENTURE

ALAN KOHLER

FORMER EDITOR OF THE AFR AND THE AGE, CURRENT EDITOR-IN-CHIEF OF EUREKA REPORT AND BUSINESS SPECTATOR



▲ AMOUNT "Can't Remember!"

"I was 21 and I'd been hitchhiking around Australia. I landed in Tennant Creek where I was working as a barman in the local roadhouse. I bought this bike—a little Honda 125cc that didn't go above 55km/h. And it was a breakthrough moment because it was my first major purchase. I saved up for it working in the roadhouse. Eventually I left town and about 100 kays south of Katherine I drove into a ditch, hit a tree and woke up in the back of someone's car. That was the end of the bike—I owned it for about three weeks."

SPEND TO BRING THEM HOME

RICHARD BRANSON

FOUNDER OF THE VIRGIN GROUP



▲ AMOUNT \$295,000

"The best money I ever spent was on my family home, Necker Island, which we purchased from a British lord. Having been told that it would cost \$4.9 million, my wife Joan and I held on for three months, during which time I found out that the owner needed a quick sale to fund construction in Scotland. Knowing the owner required \$328,000 for the build, we upped the starting offer of \$246,000 to \$287,000, before a phone call arrived informing us that it was ours for \$295,000. Deal."

ILLUSTRATIONS: IGOR MORSEK @ ILLUSTRATIONROOM.COM

①

②

③

OUR FACEBOOK PANEL OF SPENDERS



Spend to Thank the Old Man

JOHN DAVID HALLAM

The best buck I've ever spent was on a '68 Ford F100 to give to my father-in-law. He's always wanted one to restore. Not one regret on the dollars spent.

AMOUNT \$2500

Spend to Sprint from the Past

MARK VAN SCHEPDAEL

A used treadmill—because it got me through a divorce. After three years of doing nothing, I finished a marathon, and I plan to go for a personal best next year at age 50.

AMOUNT \$75

Pay Anything to Meet Her

JAMES MIDDLEMISS

I bought a beer to have a reason to talk to the cute bartender, who is now my wife.

AMOUNT \$5

Spend It on the Long Trail

DAVID KELLY WILLIAMS

My best investment was hiking the Appalachian Trail in the US, because it changed my entire life, making me physically stronger and mentally free.

AMOUNT \$3000

Pay to Gather the Survivors

LENNIE MORGAN

I made dinner for my brothers and sisters after our parents passed away.

AMOUNT \$200

BUY A STORY

DAVID KOCH

FINANCIAL COMMENTATOR, CHAIRMAN OF THE PORT ADELAIDE FOOTBALL CLUB AND HOST OF CHANNEL SEVEN'S *SUNRISE*



▲ AMOUNT \$65

"I got this satchel for my 50th birthday and it comes everywhere with me. It was \$50 on eBay, plus \$15 postage. It's a 1930s French postman's bag. It's battered and it's old-school and I've had some of the stitching repaired, but otherwise it's exactly as it was. And it never breaks. You can put anything in it. My kids say what Mary Poppins' bottomless bag was to her, so my satchel is to me. I just like old things. I love owning things that have character, things that can tell a story."

BUY SOME TIME

LEROY CHIAO

FORMER NASA ASTRONAUT



▲ AMOUNT \$1600

"I was in Davos, Switzerland, on business. I passed a small watch shop every morning and would take a few minutes to look at the beautiful Rolex GMT-Master in the window. On the last day of my trip, I asked to see the Rolex and bought it from a pretty blonde saleswoman. I was selected into the Astronaut Corps a month afterward, and I wore the timepiece during every space flight. It's still the watch I wear daily, 25 years later. I plan to pass it on to my kids. But I wonder if they will appreciate it."

The Bang-for-Buck Bible

1 "There's no more meaningful experience than knowing that other people are better off because you were there," says Dr Michael F. Steger, director of the Laboratory for the Study of Meaning and Quality of Life at Colorado State University. And according to a study in *PLOS One*, giving a gift to someone you're close to – a friend or relative – makes you particularly happy. Seeing the effects of your generosity firsthand may provoke positive emotions for both of you.

2 "Money that's put towards an achievement, such as finishing a marathon, carries much more meaning than any single purchase," says financial psychologist Brad Klontz. Your accomplishment serves as a testament to your ability and perseverance, a point of pride that outlasts the race itself. You'll truly earn that ugly tee with the race logo, its very ugliness telling the world that you persevered.

3 Travel leaves an impression that lasts long after your return home, says clinical psychologist Joe Lowrance. "Novel experiences provide vibrant memories that enrich the quality and character of our lives." Memories of past travels help you feel more connected to people and places around the world, and you feel more alive, says Lowrance. And when you're back home, use photographs from your trip as your screensaver. This will reinforce what you're working for.

4 "Some investments we make to broaden our horizons," says Steger. These are opportunities to develop new interests and knowledge. Our Facebook friend Andrew's single malt turned his tastebuds on to sophisticated flavours, which endured even after he reached the bottom of the bottle. Plus, when you buy consumables, you're actually investing in an experience instead of buying an object that takes up space until the inevitable garage sale to clear it out. ✕

BUY WHAT THEY'RE NOT MAKING ANY MORE OF

CHARLIE SHEEN

ACTOR, MASTER OF "WINNING"



▲ AMOUNT \$250,000

"Babe Ruth's 1927 World Series championship ring. I've owned a lot of baseball memorabilia, but it remains the most significant artifact of an era. It's kept in a vault and I visit it every February 6, the Babe's birthday."

IF YOU'VE GOT IT, SPEND IT

MARK WEBBER

FORMER F1 DRIVER, FOUNDER OF THE MARK WEBBER CHALLENGE



▲ AMOUNT "Never You Mind!"

"During my 12 years in F1, I travelled all over the world. But there was one place I kept coming back to – Noosa. I bought a house there three years ago and spending time there has become an important fix in my life. It's the most stunning natural environment. The house is nestled in trees on the edge of a national park. I can go for a surf in the morning or run along the coastal paths. The house is something I can share with family and friends. I've got some sensational memories from there."

4

Pay to Lose Big

STEVE JURADO

The best money I ever spent was on my road bike. It took me from 138 kilograms to 106, healthy, happy, energetic and social.

AMOUNT \$1650

Spend to Savour the Last Drop

ANDREW RADCLIFFE

My first bottle of single-malt scotch. That purchase opened up a new world of bold flavours and bold people.

AMOUNT \$50

Spend to Secure Your Identity

AJ WEAVER

The tattoo of my name that my dad told me was the dumbest idea ever. It got me home after I'd had my passport, licence and credit cards stolen.

AMOUNT \$175

Pay to Build a Family

CHARLES LEVRETT COX

Adopting my two sons, because being a dad is better than anything I could imagine.

AMOUNT \$40,000+ per child

Spend to Change Her Perspective

SONNY SIZZLE MOCKOSHER

It was a \$75 tip for a waitress, because it made her cry and gave her hope! Why have money and not use it to do things to change people's mindsets?

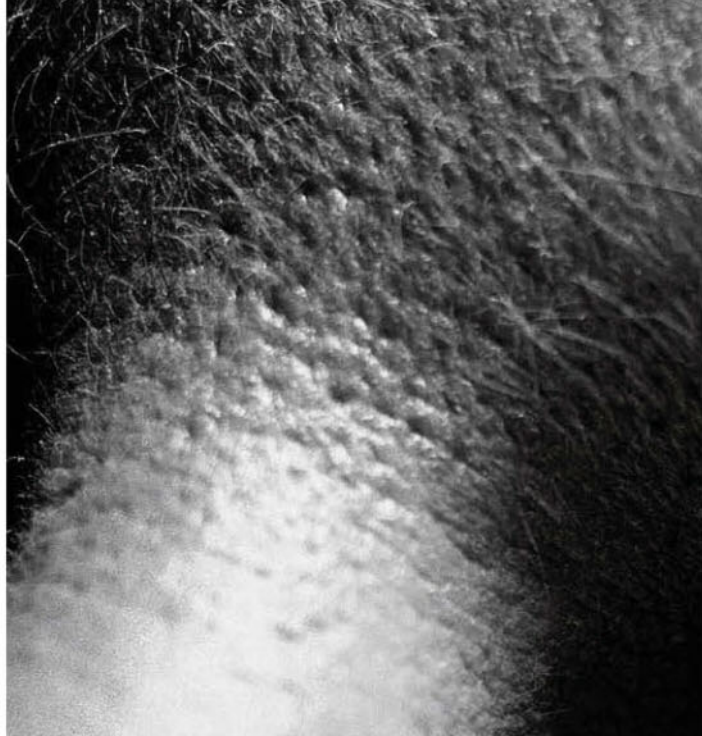
AMOUNT More than 10 per cent

Buy a Ticket

LUIS MUNTANER FERRER

Travelling the world, because travel is the only thing you spend money on that makes you richer.

AMOUNT \$20,000



THE CRYING GAME

All your life you've been told sobbing is for sissies. But research is beginning to show that humans evolved to cry for a reason. Find out why turning on the waterworks could hold the key to neutralising stress and discovering what it really means to be a man →

By Ben Jhoty





January 12, 2002, is a date that stands out in my mind for a couple of reasons. Firstly, my girlfriend – and probably first true love – dumped me out of the blue. Secondly, I bawled my eyes out. Big, fat, heavy tears gushed from my eyeballs. Deep guttural spasms convulsed my chest and abdomen. That hadn't happened to me since I was a kid. It certainly hasn't happened since.

That's not to say I haven't been emotional since that day. I've been misty-eyed on occasion – mostly during break-ups (like Frank Sinatra and regrets, I've had a few), and during touching scenes in movies, like when Arnie lowers himself to a molten death in *Terminator 2*.

But misty-eyed isn't quite the same as crying. Not once in the past decade has a solitary tear rolled down the contours of my cheek, gathered momentum as it passed my jaw and plopped off my chin onto the floor.

Instead, like most men, I've remained stoic in the face of distress. Other times, like at my grandma's funeral, I wished I could turn on the waterworks – I felt like it might honour her memory – but misty was all I could muster.

Who knows, maybe I used up all my tears back on that day in '02? Or maybe I'm just too self-conscious to fully unleash a king tide of salty relief? The most likely explanation, though, is probably the most unsatisfying: I'm a bloke and blokes (not boys) don't cry (boys on the other hand are industrial-grade blubberers).

The problem, of course, is that humans have evolved to cry. It's a primal form of communication. It's also a bodily function. Imagine a life where you couldn't sweat. Or take a piss. There would be repercussions. But what happens if you can't cry? Or more to the point, what happens when you do?

Because I can't help feeling that I might be missing out on a potent psychological salve. Or even worse, stockpiling stress, anger and anxiety in quantities that could one day reap a catastrophic emotional harvest.

I know what you're thinking: if you start crying rather than cursing

over spilt milk, there's a danger you'll become a snivelling soft-cock. But there's also the possibility, that by tapping into the full spectrum of your emotions, you might actually become more of a man.

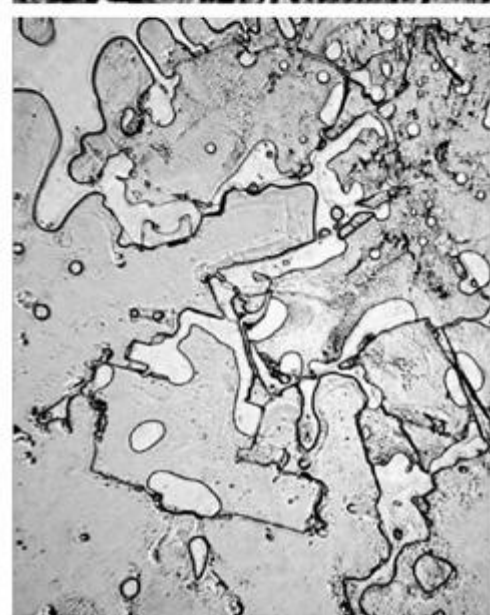
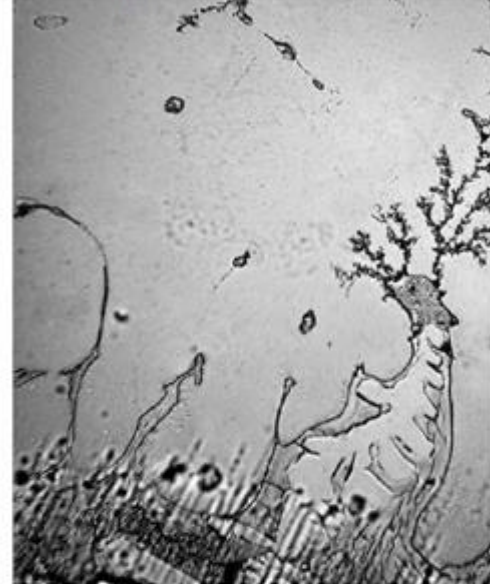
I decided to find out. Best grab some tissues. To paraphrase Vinnie Jones in *Lock, Stock and Two Smoking Barrels*, it's going to be emotional.

You could call it the silence of the hams. That's the hear-a-pin-drop vacuum enveloping a musty music lab at the National Institute of Dramatic Arts (NIDA) in Sydney's east. I'm sitting opposite Jeff Janisheski, the institute's head of acting, who is doing his best to coax tears from my eyes. It's the most private stage of all. And yet I doubt I've ever felt more exposed.

My eyes are closed and my mind is trawling back to 2002 as I try to recall in hi-def the minutiae of the misery I experienced that day. Jeff's initially booming voice and New Jersey accent have become muted. "Try to fill in the details of that moment where you experienced that flood of emotions," he says, barely audible above the air-con and the distant hum of traffic. "Where your heart opened and you felt vulnerable and broken."

I drill down into the deeper recesses of my mind, desperately trying to access what Janisheski refers to as my "emotional reservoir". I'm in a Dunkin' Donuts. A heavily glazed ring of sugar is approaching my lips when my soon-to-be-ex looks me in the eye and says she wants to "take a break" (I know, right, slapped with a velvet glove).

I can feel a slight bubbling in the reservoir; water feels like it's on the verge of spilling over the levy. "Focus



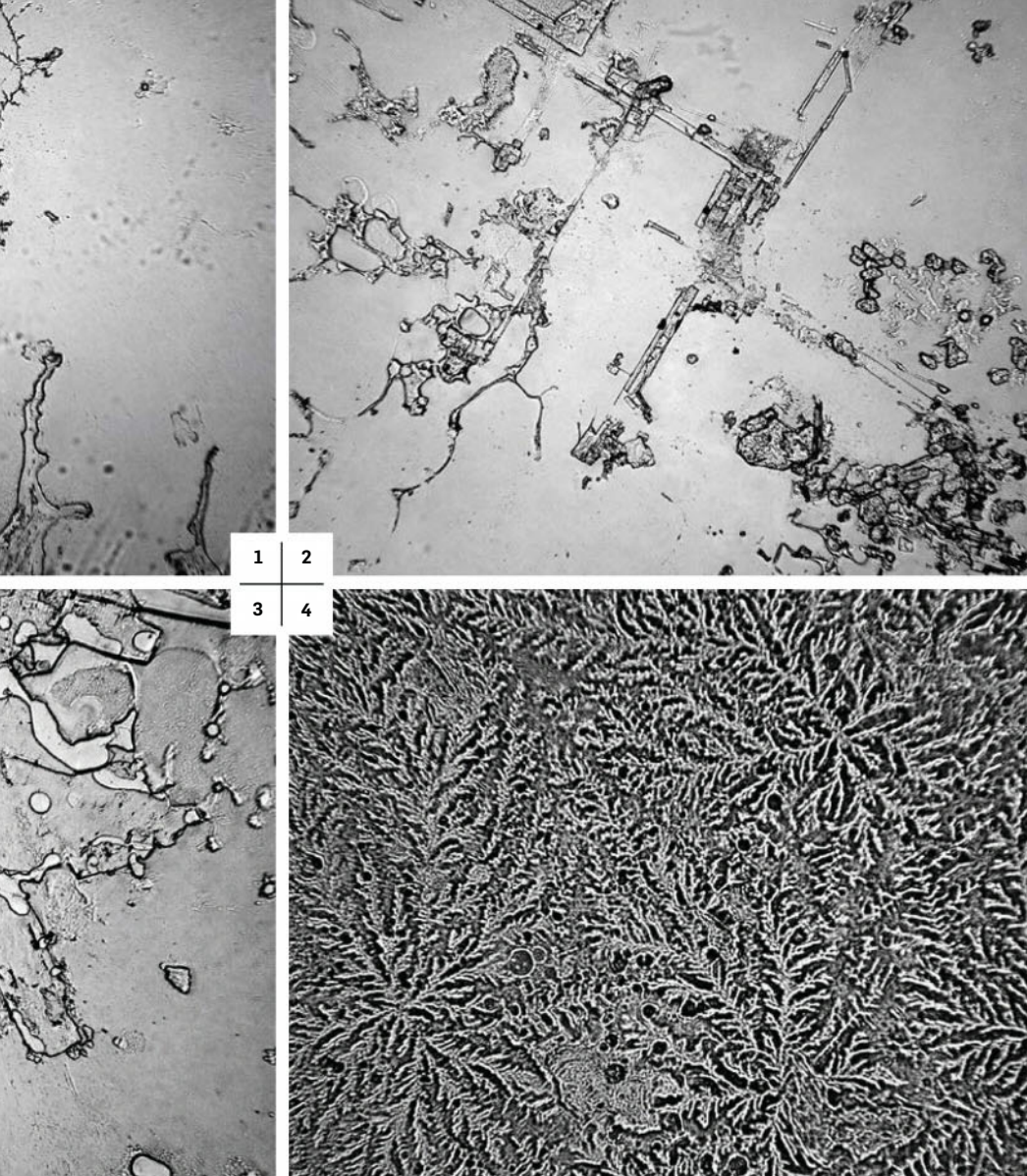
on the moment," I hear Janisheski whisper. "Focus on the person's face you were with."

I do as I'm told but the memory won't split open for me; the dam won't break. I open my eyes and look at Janisheski. His strong brow and rigid jaw look purpose-built for expressing emotions. Right now he's looking at me in sympathy.

Male actors tend to have a harder time striking H₂O, he tells me. But once you're "unblocked" it becomes easier and easier to access the reservoir. "Emotions are a muscle," he says, breaking into *Men's Health* parlance. "You can't lift a weight on day one. You have to build up incrementally. It's the same thing with emotions."

I sigh.

I have a long way to go before I can instantly activate my muscles of misery or flex my biceps of bawling. In fact, after summoning sadness but failing to turn on the tap, I feel slightly frustrated. To use a crude analogy, it's like getting aroused and then not getting off.



The salty water I'm so desperately trying to produce is more elusive than other bodily fluids (like, say, saliva and semen). As a result it's more mysterious – okay, blood has its mysteries, snot not so much.

But it's only recently that the full complexity of tears has begun to be recognised. It's possible, for example, that no single teardrop is the same; that even if you can regularly cry someone a river, the contents of those bodies of water will be different depending on the emotional state that produced them. That, at least, is the intriguing possibility raised by an exhibition called *The Topography of Tears* by LA artist Rose-Lynn Fisher, who decided to photograph her tears under a microscope.

What Fisher found astonished her. The crystalline images are as varied as clouds, as idiosyncratic as snowflakes. Her tears of laughter, for example, resemble a fractured jigsaw puzzle; her tears of grief are like an aerial view of a dystopic landscape; her onion tears

like a cornucopia of ferns. "My tear images express a visual quality that reflects their emotional source," says Fisher.

Indeed it's a startling glimpse of our interior world and underlines just what our tears represent – the convergence of biology and psychology, the point where the physical and mental intersect.

But while tears may invite metaphysical musings and be pretty to look at, it's their contents that could reveal their evolutionary purpose.

Scientists have known for a while that there are different types of tears and that these vary in composition and function. Basal tears are released by small glands under your eyelids to facilitate blinking. "We blink more than any other animal," says Dr Mark Willcox, a professor of optometry and vision science at the University of NSW. Willcox is a genial 53-year-old Englishman whose deep blue eyes carry the hint of a twinkle – he does work in optometry after all. Clearly he revels in the mysteries of his field. →

Sob story: Fisher's photographs of teardrops as seen through a microscope.

1. Tears of elation
2. Tears of grief
3. Tears of laughter
4. Onion tears

FORLORN FIGURES



Number of times a year women cry



Number of times a year men cry



Minutes most women cry



Minutes most men cry



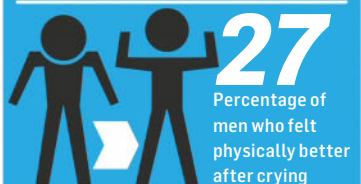
65 Percentage of occasions when women went from mild weeping to full-blown sobbing



6 Percentage of occasions when men's weeping escalated to sobbing

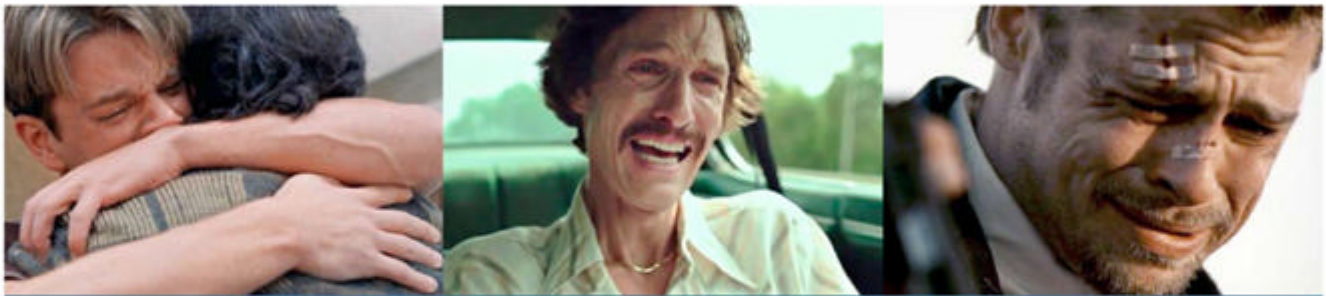


Percentage of men who reported improved moods after crying



Percentage of men who felt physically better after crying

SOURCES: GERMAN SOCIETY OF OPHTHALMOLOGY, UNIVERSITY OF SOUTH FLORIDA



WEEP LIKE AN OSCAR WINNER

Use Janisheski's tips to blubber on cue

RELAX YOUR BODY

"If your barriers are up, it's hard to let go and feel the emotion," Janisheski advises. Let your shoulders drop and your arms flop. Close your eyes and breathe deeply – the Academy doesn't mind overacting.

USE TOTAL RECALL

"You need to recall the facts and circumstances of the memory that made you cry," says Janisheski. What were you doing? How did you react? How did you feel? "Fill in the details of the picture."

COMMIT TO AN ACTION

Simply recalling a sad event may not yield tears. You need an action, like apologising or revealing something profound. "It's the combination of the two that yields the conflict and emotions," says Janisheski.

ACT LIKE A SOAP STAR

If you still can't produce tears, do what soap stars do and manufacture them. "If you don't blink for a minute you'll start to get pricks in your eyes," says Janisheski. "These are fake tears, good for melodrama." And for accepting a trophy.

BAWL OF FAME



Tears of triumph:
Gwyneth Paltrow



Tears of sorrow:
Bob Hawke



Tears of loss:
Kevin Rudd



Tears of hysteria:
Chris Crocker
(leave Britney alone!)

The tears you get from onions or, depending on your level of activism, tear gas, are known as reflex tears, Willcox tells me. These are released from the lacrimal glands, which are located in the upper, outer portion of each eye. Their purpose is to remove irritants. These functions are critical for every animal. But only humans release tears for emotional reasons. Your dog won't well up because you decline to throw him a stick. Your cat wouldn't even entertain such unedifying behaviour.

So why are we humans (some of us at least) such cry babies? That remains open to debate, but clues are emerging. For a long time, many scientists believed that tears could be a way of returning the body to baseline functioning after being overly aroused. Whether it's the death of a loved one or winning the meat raffle at the pub, tears might help bring you back to normal.

A study conducted at St Paul-Ramsey Medical Centre in Minnesota in the early Eighties found emotional tears contain stress hormones such as cortisol not present in reflex tears. This could explain why people report feeling better after a good cry. It's central to what is known as the recovery theory of tears. The problem is that the study has yet to be replicated and many researchers are sceptical that stress hormones play an influential role in crying.

"If we look for cortisol in tears, we know that we can see it but we don't know what the function is,"

says Willcox, who with the help of the ABC's *Catalyst* program tried unsuccessfully to replicate the findings of the St Paul-Ramsey study.

The reason may be that your tears are not solely produced in the lacrimal glands. They're also comprised of serum from your blood that slowly leaks into the tear film. "The fact that cortisol is in your tears is probably not what's causing you to feel better," says Willcox. "It's the fact that it's in your bloodstream. What we can see in tears is just a by-product of a whole-body reaction."

What Willcox did discover, though, echoing another central finding from the earlier study, was that emotional tears contain 25 per cent more proteins than reflex tears. What could these extra proteins be for? The theory finding most favour with researchers is that they could give tears more structure, making them more visible on the cheek and noticeable to onlookers.

"Extra protein might make your tears a bit more goopy so you might see them a bit more," confirms Willcox. "If tears were just water they would roll straight off your cheek."

It's an idea that supports what many experts believe is the real purpose of tears: signalling distress.

When I was 15 I broke a rib playing footy. One day a classmate started playfully shoving me in the corridor, forgetting I was injured. The pain was excruciating and I quickly welled up. This caused

my mate to abruptly halt his attack and start apologising profusely. As schoolyard bullies have found since the dawn of time, it can be hard to wail on a kid with tears in his eyes.

A study conducted at Tel Aviv University found tears are an effective signal of surrender, need or attachment. They also reduce your ability to fight back, distorting vision and perception of an attacker's gaze and eye movements.

"Crying helps you deal with threats by producing feelings of empathy and attachment in onlookers," says Dr Eric Vanman, a professor of psychology at the University of Queensland, who has been conducting a study monitoring people's reactions to tears.

This raises the possibility that the real reason people report feelings of catharsis after a good cry is less related to any hormonal spin cycle and more because of the emotional support you receive from onlookers in response to your tears. "There's a reason we cry, and the reason is to get comforted, which increases your feelings of wellbeing to get over distress quicker," says Willcox.

This may be why context plays such a huge role in the effect your tears have on you. A study at the University of Pittsburgh found crying was more likely to make you feel better when you have family or friends nearby, if you're crying due to a positive event, or if your tears lead to a resolution. You feel worse if you feel embarrassed or ashamed of crying, if you're with unsupportive people, or if you're

crying because you've witnessed suffering. Overall, the study found, you're more likely to feel better if you cry alone or around one other person, but feel worse or unchanged if you're with two or more people.

Why do you sometimes cry when you're happy? Actually, you may not, according to Dr Ad Vingerhoets, a professor of clinical psychology at the University of Tilburg and one of the world's leading experts on crying. Underlying most tears is some form of separation, rejection or feeling of powerlessness, Vingerhoets says. "In especially happy moments, we allow ourselves to reflect on less joyful moments." When you see an old friend, for example, you may actually cry for all the time you've been apart. An athlete might cry for all the sacrifices they've made. Very positive emotions may also evoke a kind of helplessness. "This inability to adequately express how we feel might result in tears," says Vingerhoets.

The bottom line here is that tears are the physical manifestation of emotions. And that worries me. Because if I'm withholding my tears, it means I'm suppressing my feelings. And that, I've learned from experience, never ends well.

I didn't always struggle to cry. In grade four I, together with a lot of my classmates, regularly cried when our teacher, Mr Markson, berated us for our handwriting. Markson, a tall, well-built man with a voice that thundered down the halls, didn't have to do much for my waterworks to turn on. I don't know... maybe I was signalling my vulnerability in the face of his towering authority. What I do know is that girls and boys alike sobbed regularly in his classes.

From puberty onwards, though, men generally don't cry as much as women. This is mostly due to conditioning and the cultural expectations placed on them. It could also be related to testosterone levels, reckons Willcox.

"Once boys go through puberty and their testosterone is elevated, that might dampen their ability to cry," he says. Similarly, older men find it easier to cry because testosterone drops as you age, he adds.

Typically, though, when your average 30-year-old bloke is faced with grief or distress, his automatic response is to maintain a stiff upper lip. Sure, you'll get a little misty, maybe

even choke back some tears. But so strong is the ingrained impulse to quell your emotions that you'll do everything you can to rein in the tears.

What are the consequences of doing this when under stress or experiencing grief? In the short term, very little.

"MEN CAN BE STOIC AND IT CAN BECOME A PART OF WHO THEY ARE, BUT THERE IS OFTEN AN EMOTIONAL COST TO THAT"

Instead of a blubbing wreck, what the world sees is a tough guy. People think you're okay, that you're coping. As a result, they don't give you the support you probably need. Instead of healing, you're left with a festering psychological wound.

"Crying is a release of emotions that are important to be expressed," says Stefan Durlach, a Sydney counselling psychologist. "Men can be stoic and maintain that for a long time and it can become part of who they are, but there is often an emotional cost to that."

One potentially dangerous repercussion is that you remain in an elevated state of arousal – the so-called fight or flight state – for longer. The problem? If your emotional needle is permanently stuck in the red zone, deeply repressed grief or sadness can mutate into barely suppressed anger.

"Anger is blocked sadness," says Dr Anna-Marie Taylor, a psychologist based in Victoria's South Gippsland region. "It's often a defensive response rather than showing yourself to be vulnerable in a situation."

Add drugs or alcohol to these smouldering coals and you get wall punching, road rage and king hits. Crying, it seems, is vital to maintaining your emotional equilibrium and alerting others that you need help. The only slight stumbling block

*"Rest in peace my little brother, I'll see you out in the middle."
Michael Clarke delivers his tearful eulogy at Phil Hughes' funeral.*

I seem to have is this rather alien concept of vulnerability. I'm beginning to wonder: can you really unwind 20 or 30 years of social conditioning?

Back at NIDA I've turned the tables on Janisheski and asked him to cry for me. This is almost as awkward and painful as trying to spill salt water of my own. I watch as his eyebrows begin to tremble and the lines around his eyes crease in pain and anguish. Droplets of water hover on the edge of his eyelids. At the same time my own face begins to twist and grimace in empathy. It's easy to forget how uncomfortable and upsetting it is to watch a grown man cry.

I leave NIDA vowing to look for opportunities to flex my own emotional muscles. But it's not until a few weeks later that my first real opportunity arrives.

I watch the huge public outpouring for the cricketer Phillip Hughes. I watch Michael "broken fuckin' arm" Clarke and other members of the normally macho Australian cricket team weep openly in public. I'm struck by their reaction. The irony is that these tears, this show of vulnerability, rather than being the soft response to tragedy, is actually the sign of strong, secure men.

A study at Indiana University found football players who cried over the outcomes of games reported higher levels of self-esteem. They felt secure enough to shed tears in front of their teammates and seemed less concerned about peer pressure.

I find myself looking at images of Hughes on TV and thinking about a life and career cut so tragically short.

The mistiness descends, tears well. And this time I don't fight them.

It's a breakthrough of sorts. The only problem is that, while I've been able to cry about the fortunes of another man, to really drain that emotional reservoir you need to cry for yourself.

Why? Because as I've come to realise, the reason we cry is, and always has been, a deeply personal one: it's an act of self-preservation. ✕



POWER UP YOUR MAG!

ACCESS EXCLUSIVE CONTENT WITH **viewa**

Take the workouts, recipes, gear and tips from *Men's Health* to the next level: keep them on your phone or tablet – for free!



● HOW IT WORKS:

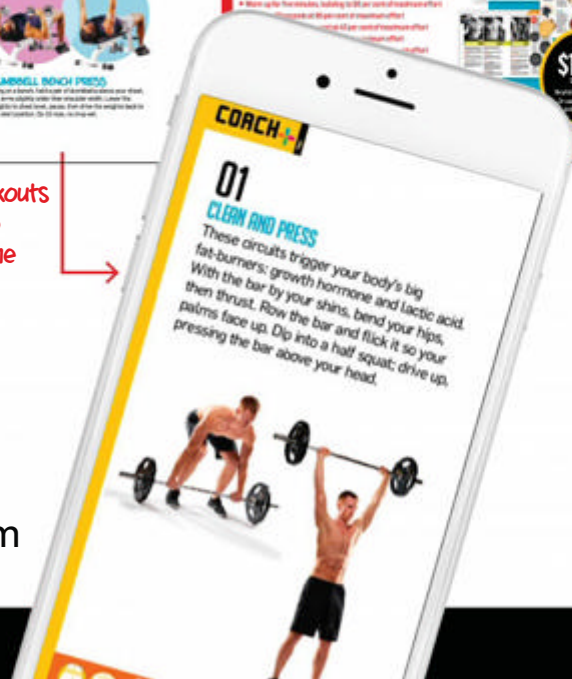
Wherever you see the **viewa** logo, simply scan the page to access more fitness, nutrition and health advice!

- 1 Download your free **viewa** app from the App Store or Google Play
- 2 Scan any page with the **viewa** logo for bonus *Men's Health* content



Save workouts directly to your phone

viewa.com





● SCAN THIS PAGE TO TRY

Use the free **viewa** app to scan this page and explore all bonus content from this issue

● IN THIS ISSUE:

Page 60 Watch the trailer for *That Sugar Film*

Page 68 Shop off the page for the hottest watches

Page 122 Scroll through the *MH* cover-model gallery

Page 124 Download our cover-model workout

Page 130 Save this post-workout recipe to your phone

check out our
cover-model
gallery



Save the recipe
on your phone



In-app video hosting



DOWNLOAD VIEWA FROM:

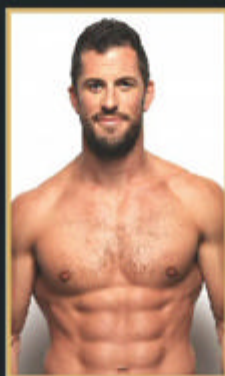


iPhone is a trademark of Apple Inc, registered in the US and other countries.
App Store is a service mark of Apple Inc. viewa is available on selected Android devices, versions 4.0-4.4

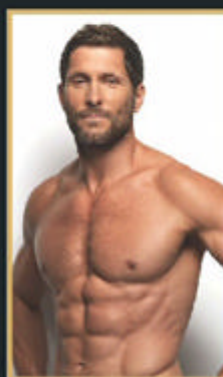
WHO WILL BE OUR NEXT MEN'S HEALTH MAN?



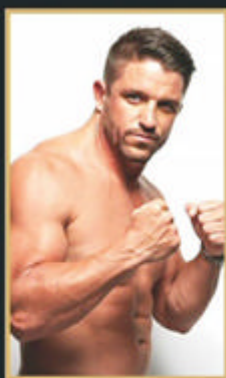
DAMIEN RIDER
ENTREPRENEUR, 40



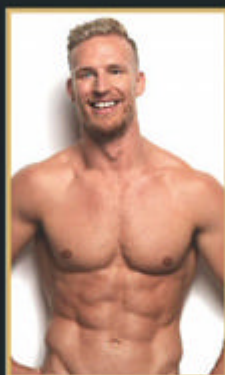
MIKE CAMPBELL
MAN COACH, 33



ADRIAN BETTS
PERSONAL TRAINER, 38



CHRIS BIRCH
CARPENTER &
PROFESSIONAL FIGHTER, 31



SEAMUS RODDEN
TEACHER, 28



TYSON MAYR
TRAVEL PRESENTER &
CHARITY AMBASSADOR, 29

SEIKO

LYNX

H&M

MUSCLE
MILK PROTEIN



COACH

MUSCLE BEACH

Shoot for your own body of work with wisdom from four past *MH* cover guys

PAGE 122





COVER-MODEL WISDOM

Building a high-definition body doesn't demand blind adherence to crazy diets and outrageous exercise regimens. Don't believe us? Listen to these leading men



HUGO GEMAL
2014 *MH* Man winner

If Gemal weren't in cover-model shape you'd probably cut him some slack, seeing as his workplace is the emergency room of Sydney's St George Hospital. But the good doctor doesn't deal in excuses

Make time

"Fitness is about being organised. You don't just find time – you make time. When you're organised, suddenly there are more hours in the day."

Prioritise form

"Training with intent doesn't mean getting sloppy with technique. I don't go too big with the weights because I think perfect form is extremely important. If I need to lower the weight to achieve it, then I'll lower the weight."

Keep moving

"I don't rest in the gym. So if I've done a chest set, then I'll do some abs, then go straight back into chest. All my training is super-setted and very intense."



FIRASS DIRANI
2013 Celebrity *MH* Man finalist

The *Underbelly* and *House Husbands* star's ripped physique speaks to the value of a mixed training program. To build a similarly impressive body of work, devote one or two sessions a week to the following

Body-weight exercises

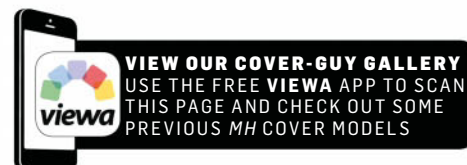
Perform a circuit of chin-ups, push-ups, box jumps and squats to hit every muscle group. "You get practical muscle through practical movement. If you go to the gym and all you're doing is chest and legs, you're going to start looking blocky."

Yoga

Great for muscular suppleness and core strength. "Mirror muscles grow on trees. Real core strength is hard to find, but if you get it you're unstoppable."

Running

"If you start running 14 kays and that becomes easy for you, then you have to push yourself to run 21 kays. You train to further your limits and exceed your expectations."



DANIEL SANDS
August 2013 cover guy

This Melbourne property developer didn't blunder his way onto the cover of *Men's Health*—he followed a detailed plan of attack. Obey his top four rules of muscle building to achieve similar results

- 1 Don't neglect your legs**
"Training them will give you the biggest hormonal response, resulting in greater overall muscle growth."
- 2 Focus on the muscle you're hitting**
"You always see guys swinging the barbell for curls. There's no reason for your shoulders or elbows to move when contracting your biceps."
- 3 Regularly change your methods**
"That means rep ranges, number of sets, rest periods – anything to avoid plateauing."
- 4 Record or fail**
"You may think you remember it all, but unless you're increasing the weight or the number of reps you perform, you'll never get bigger or better."



DOMINIQUE REQUIN
2011 *MH* Man winner

This Melbourne IT manager stays in stunning physical shape despite the competing demands of work and fatherhood. Reckon you're too busy to work out? Heed his example

A simple plan

"My lifestyle now goes back to the way I grew up. (Requin was born in Mauritius and lived on a sprawling sugar-cane property until he was 12.) It's not over-engineered, it's simple. I would say the key is consistency."

Up and at 'em

"I wake up at 5am every day. I have a small room at the back of the house set up with a bench, bar, dumbbells, a medicine ball, Swiss ball and a chin-up bar. I do a circuit five mornings a week for 30-40 minutes. On other days I'll go for a run or do sprints in the park."

Avoid failure

"If you train until you can't lift any more, you can't recover quickly enough. If you stop short of that, you can do something every day and still get results." →

The Commitment Barometer

There's no secret formula to a lean, muscular physique. If the wisdom of our cover guys tells you anything, it's that commitment and consistency will always trump flashy routines and faddish movements. So treat this workout as your default routine. When you're tempted to skip a session, go to the gym and punch out this session (or head to the park and knock out the cardio session; see "The Red Zone"). Treat this as the bare minimum of exercise you accept from yourself on your workout days. Believe us, with this mentality, a cover-model physique is within your grasp.

DIRECTIONS This short workout is designed to develop muscle endurance and connective-tissue strength while also increasing muscle mass. Perform the repetitions slowly – a count of three seconds down and two seconds up is ideal. Use weights that allow you to maintain this tempo while holding impeccable form.

The drop sets will crank up your muscle-building and fat-burning mechanisms. Once you've finished the first set, immediately put the weight down and select another that's approximately 20 per cent lighter, then do 10 more reps. Once you've completed the drop set, move on to the next exercise. Keep the rest periods between exercises as short as possible – 30 seconds maximum.



SQUAT

Rest a barbell across your upper back and position your feet shoulder-width apart. Keeping your eyes forward, push your hips back and lower your body until your thighs are parallel to the floor. Drive back to the start position. Do one set of 20 reps then move straight into a drop set of 10 reps.



WIDE-GRIP LAT PULL-DOWN

Attach a long bar to the pull-down machine and grab the bar with a wide overhand grip. Pull the bar to your chest without arching your back. Do one set of 10 reps immediately followed by a drop set of 10 reps.

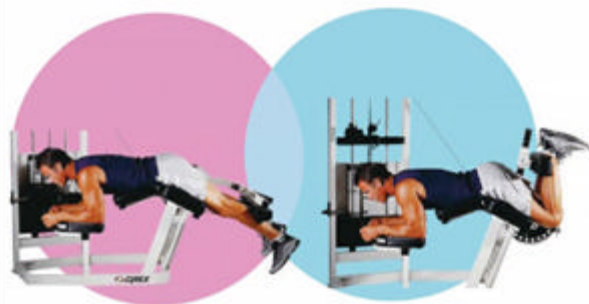
Home workout alternative: dumbbell pullovers with your arms straight, hands shoulder-width apart, palms facing your toes.



NEUTRAL-GRIP LAT PULL-DOWN

Attach the parallel grip handle to the pull-down machine. Again, pull the handle to your chest without leaning back. Pause, then return to the start position. Do 10 reps followed by a 10-rep drop set.

Home workout alternative: close-grip dumbbell pullovers with your arms straight, your palms facing each other.



LYING LEG CURL

Lie facedown on a leg-curl machine. Without raising your hips off the bench, curl the pads as far as you can towards your glutes. Pause, then slowly return to the start position. Do 10 reps, then move straight into a 10-rep drop set.

Home workout alternative: do the same exercise clutching a dumbbell between your ankles.



DUMBBELL BENCH PRESS

Lying on a bench, hold a pair of dumbbells above your chest, your arms slightly wider than shoulder width. Lower the weights to chest level, pause, then drive the weights back to the start position. Do 10 reps, no drop set.



DUMBBELL SHOULDER PRESS

Sit on an adjustable bench with the backrest set to vertical. Hold a pair of dumbbells at shoulder height, your hands set slightly wider than shoulder width. Drive the weights straight up, pause, then repeat. Do 10 reps, no drop set.

SUPERMAN

Lie facedown on the floor, your arms extended in front of you. Slowly lift your head, arms, chest and legs off the floor. Pause, then lower them, keeping your core switched on throughout the movement. Do 10 reps, no drop set.



CRUNCH

Lie face-up on the floor with your hands by your ears, your knees bent and together, your feet flat on the floor. Raise your head and shoulders without lifting your feet off the floor. Pause, then slowly return to the start position, keeping your abs tensed. Do 10 reps, no drop set.



The Red Zone

This 20-minute, high-intensity running routine will shred your fat stores. Not only will you incinerate kilojoules as you stride out, given high-intensity interval training seriously stresses your body, the resulting repair process means your metabolic fire will continue raging hours after you've hit the showers. That ought to peak your endorphin rush.

- ▶ Warm up for five minutes, building to 50 per cent of maximum effort
- ▶ Sprint for 30 seconds at 85 per cent of maximum effort
- ▶ Take a two-minute active rest at 45 per cent of maximum effort
- ▶ Sprint for 20 seconds at 90 per cent of maximum effort
- ▶ Take a two-minute active rest at 45 per cent of maximum effort
- ▶ Sprint for 10 seconds at maximum effort
- ▶ Take a two-minute active rest at 45 per cent of maximum effort
- ▶ Sprint for 20 seconds at 90 per cent of maximum effort
- ▶ Take a two-minute active rest at 45 per cent of maximum effort
- ▶ Sprint for 30 seconds at 85 per cent of maximum effort
- ▶ Take a five-minute cooldown jog



GO ABOVE AND BEYOND

Want more fitness tips, more workouts, more healthy and delicious recipes? Grab the 2015 *Men's Health Cover Model Muscle* book. Out now!



\$12.99

Shipping: \$3

ibuytoday.com.au/model
Or call 1300 132 898
and quote g87p1

MIH ESSENTIALS

Our guide to what's happening and what's new



BUILT FOR ADVENTURE

A true seven-seat SUV, the Isuzu MU-X redefines the boundaries of adventure. A serious off-roader, the MU-X will traverse the wildest weekend, while providing an easy driving experience around the city. Three-tonne towing and five-star ANCAP safety rating ensures the MU-X is ready when you are.



SNAP FITNESS

Australia's leading 24/7 gym is now even better. With 200 locations to choose from, you can enjoy all the world-class facilities, trainers and personalised programs anywhere, anytime. Text your name and postcode to 0408325707 and receive a special price of \$8.95 for your first month plus a free personal-training session.



SHED EXCESS KILOS

Organised by the Dietitians Association of Australia, Australia's Healthy Weight Week (#AHHW), running from 16-22 February, is all about getting the right advice and support to achieve and maintain a healthy weight. See the website healthyweightweek.com.au for more.

ICONIC EAU DE PARFUM

Intenso from Dolce & Gabbana is a woody aromatic fragrance opening with aquatic, basil and lavender notes. Its unique appeal comes from newly-discovered moepel accord, which elicits a modern interpretation of classic tobacco. Experience Intenso, the iconic signature of the contemporary Dolce & Gabbana man. Intenso eau de parfum 40ml: RRP \$65.00; 75ml: RRP \$83.00; 125ml RRP \$115.00. Visit dolcegabbana.com/beauty/perfumes/men/intenso/



FORMULA-1 FLAIR

Infiniti's striking Q60 Concept is poised to entice coupé fans with its sharp contours and hand-crafted interior. The Q60 Concept sits low and wide in a road-hugging stance hinting at exceptional dynamics. F1-inspired touches endow the coupé with its sports personality. The high-quality ambience inside speaks of Infiniti's attention to detail, with impeccable hand-stitched leather details and carbon-fibre accents. Result: a no-compromise fusion of looks and speed.

A BETTER BOX

Hello, I'm Boxed Water. I am part sustainable water company, part art project, part philanthropic project and completely curious. I'm kinder to the environment and I like to give back. Plus my container is BPA free! Celebs like me, too. I have hung out with Gwyneth Paltrow, Anne Hathaway, Alyssa Milano, Adrian Grenier, Shia Labeouf and Pharell Williams. Want to get to know me better? Check out flushfitness.com.au



BRITISH STYLE

Ben Sherman, renowned for championing the button-up shirt since 1963, have just released their AW15 collection. Signature styles and fabrics are blended together with new-season prints, including paisley, pop tartan and gingham, in a collection inspired by the great British outdoors. Visit [shop.bensherman.com.au](http://bensherman.com.au) for more.

PURE PROTEIN

NZ WPI, developed by Professional Whey, is the cleanest whey protein isolate available. Sourced from dairy cows that graze on New Zealand's nourishing green pastures, it's kept clean and free from any "artificial" with only organic flavours and natural sweeteners added. It's available in natural, organic cacao, organic vanilla, organic cacao mint and organic cinnamon flavours. RRP \$47.95 for one kilogram. Available online at professionalwhey.com.au



TRADE SECRETS

CURRENT AFFAIRS

Knock your torso into V-shape form using these open-water swimming techniques from the fastest man in Australian waters



EXPERT Simon Huitenga
ACHIEVEMENT Swimming
Australia's Open-Water
Swimmer of the Year, 2014

KICKSTART YOUR PACE

Ankles and knees act as powerful propellers. The best way to improve this horsepower is to stand on a wobble board for five minutes. This solidifies your core while improving ankle and knee flexibility.

BECOME YOUR OWN GYM

Body-weight exercises are vital for endurance. Try moves such as Swiss-ball rollouts, chin-ups and push-ups, which work your core and improve shoulder stability. Do six exercises as a circuit, doing reps for 30 seconds then resting for 15 seconds.

KEEPING YOUR DISTANCE

Once you start clocking up 3-4 kilometres in a swim session, you're firmly in endurance territory. To go longer, increase your distance by 1000 metres each week, which you can split up over multiple sessions so you don't ache like the Tin Man after a dip in the ocean.

TREADING WATER

Beach running is an excellent way to drive more power in your legs. Complete a run 2-3 times a week, sprinting 50m hard and 100m easy for a least 1km. Channel your inner Hasselhoff if you have to.

STRONGER STROKES

For swim-specific power in your core, wrap an elastic training band around your ankles and swim 100m, then swim 50m without it. Repeat 10-20 times. If you struggle, use a pool buoy under your hips to help you stay afloat.

SPEED THRILLS

If you want to parlay your training into an open-water race, sprint speed is vital. To build it, swim 5km, then do 10 sets of 50m as fast as you can, resting for one minute after each set. Build up to 20 sets and you'll create your own wake.

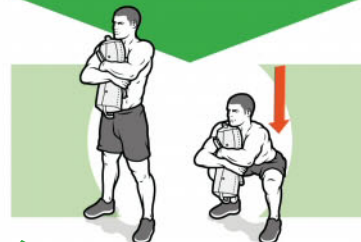
EVERY BREATH YOU TAKE

Take one breath every 2-4 strokes and do it only on one side. You can breathe on both sides if that works for you, but practise it in the pool before you use it in an open-water race.

During windy open-water swims, chop will obstruct breathing, so put your head up and look forward every 5-10 strokes. This will give you a breather and help you stay on course.

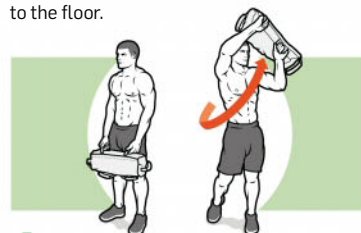


3 MOVES, 650 MUSCLES



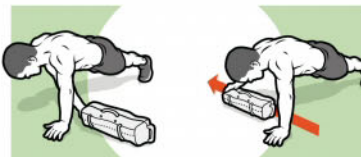
1 BEAR-HUG SQUAT

Grab a sandbag and hug it to your chest with your feet slightly beyond shoulder width. Push your hips back and lower your body until your thighs are at least parallel to the floor.



2 AROUND THE WORLD

Stand with your feet shoulder-width apart, holding a sandbag in front of you. Pivot left and lift the bag in a circle behind your head. Repeat to your right. Continue alternating.



3 BAG DRAG

Place a small bag on the floor and assume a push-up position with the bag on your left. Grab the bag with your right hand and drag it underneath you. Repeat with your left hand. Alternate.

BAG YOUR WORKOUT

If you're only lifting iron, you're not maximising your gains. Sweat buckets, build real-world strength and hammer muscles you never even knew you had by shifting sand, man **BY KELSEY CANNON**

THE FUNDAMENTALS

THINK TOTAL BODY

Don't think of sandbags as a substitute for dumbbells and barbells. "They play by a totally different set of rules," says Josh Henkin, creator of the Ultimate Sandbag Training System. To maximise your gains, skip isolation exercises. Instead, perform total-body moves like the three shown here. Use the "Grip Selector" (right) to pick the best handle for the job.

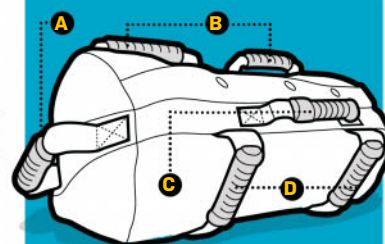
FOCUS ON FORM

"As the sand moves around inside the bag, your stabilising muscles have to work overtime to keep you balanced," says Henkin. So maintaining impeccable form is critical for avoiding injury. "Brace your core to minimise the stress on your spine, maximise muscle recruitment, and boost power and performance," Henkin advises.

DON'T OVERFILL THE BAG

The sandbag's effectiveness comes more from its instability than its weight. "When you're ready to progress, alter the way you perform the exercise instead of adding sand," says Henkin. "Using a different grip or loading one side of your body at a time is enough to change the training stimulus and make it harder."

GRIP SELECTOR



- A** End handles: drags
- B** Power handles: snatches, rows and curls
- C** Centre-top handle: suitcase carries and other offset moves
- D** Neutral handles: deadlifts, cleans and rotational moves



SHED YOUR **EXCESS BAGGAGE**

The plant-rich, fish-heavy Mediterranean diet has long been praised for boosting longevity and stripping lard. But is its reputation deserved? Time to find out



THE DIET MEDITERRANEAN

IN A NUTSHELL

Going all-inclusive to the Med gives your heart a break and aids weight loss

THE MH EDIT

Adding animal fat sets your metabolism up for the rest of the week

The D-word is a dirty one here at *MH*. We treat the multitude of trendy eating religions with a healthy dose of scepticism. Hell, why put stock in restrictive plans when weight loss is never a case of one size fits all? But diets don't have to be mind-crushingly restrictive. In most cases there are sound nutritional principles buried under the BS – you just need to know how to pick the diamonds from the dross. Over the next six months, we'll run the rule over six of the most popular diets, starting with the good ol' Mediterranean.

The liberal use of olive oil as an all-purpose elixir in the Mediterranean diet is misconceived. As a salad dressing olive oil is peerless, but cook with the stuff at high temperatures and you may oxidise the unsaturated fats, creating ugly free radicals and other harmful compounds that will do little for your lifespan or belt size. "Crucially, olive oil also lacks animal fat, which is loaded with the nutrients needed for a healthy body composition," says nutrition consultant Alex Ferentinos.

To enjoy the hearty benefits, make one swap and cook the Med classics with grass-fed butter. Yep, that's fish or steak cooked in butter with garlic. Good, eh? Add a side dish of fibre-rich pulses to subdue cravings and you'll be as lithe as a Sardinian shepherd.

THE MEDITERRANEAN REDUX

BREAKFAST

Greek yoghurt with berries

LUNCH

Fried sardines, with greens and chickpeas

SNACK

Handful of macadamias

DINNER

Rump steak, lentils and grilled capsicum

WHY

The protein increases your morning fat-burning

Healthy fats prevent you from snacking on carbs later

Keeps your metabolism elevated all afternoon

The nutrients from the beef ensure you lose fat, not muscle mass



SWEET RELIEF

THE WORKOUT:

Strength Training
– Legs

THE RECIPE:

Meatball Sweet Potato Sub

A brutal session at the squat rack left you hobbling like John Wayne? Here's your meat-and-potatoes follow-up to turn the pain into gain

Your legs are the biggest muscle group in your body. So when you shred the fibres with a rugged strength session, you require the perfect combination of vital nutrients to repair, build and grow. While nothing says recovery like a sandwich packed full of muscle-building protein and repair-boosting carbs, the twin dangers of processed meat and refined white bread can turn the humble sanger into a nutritional landmine.

This hearty recipe is a cleaner take on the traditional meatball sub. Loaded with quality ingredients, it's the ultimate post-gym protein punch. And don't dawdle – to gain the maximum benefit from your labours, you need to be devouring this sub within an hour of wrapping your session. Prepare four of them on Sunday night, chuck them in the fridge, and you've got four doses on hand for the week ahead.

Why is this the perfect post-squat option? The protein in this dish comes in the form of beef meatballs. Packed with amino acids, iron and zinc, beef is a phenomenal source of muscle fuel. If cow isn't your thing, you can always swap it out for kangaroo, lamb or chicken mince.

Contrary to the bro-science, however, muscle building isn't all about protein. Vegies play a vital role in the repair process. This recipe calls for tomatoes, capsicums and onions, but if you have any extras sitting in the fridge, feel free to toss them in to boost the nutrient profile. Avocado, although technically a fruit, is a particularly valuable addition, as it adds good fats to the mix. My rule of thumb with veg? The more colours on your plate, the better.

And now for this meal's *piece de resistance*... the humble sweet potato, which stands in for the traditional white-bread bun. The slow-release carbs from the sweet spud will leave you feeling fuller for longer while also keeping your blood-sugar levels in check, allowing your muscles to repair over a longer period of time and preventing excess carbs being converted into fat.

Forget the standard chicken breast and steamed green veg – clean food doesn't have to taste like cardboard. Get cooking! You won't be disappointed.

MEATBALL SWEET POTATO SUB

- 4 large sweet potatoes, skins scrubbed
- 250g cherry tomatoes, halved
- 1 large red capsicum, chopped
- 4 spring onions, sliced
- ½ cup beef stock (or water)
- 2 tbsp balsamic vinegar
- 500g beef mince
- 2 cloves garlic, crushed
- ½ cup finely chopped fresh basil leaves
- 1 egg yolk
- 1 tbsp coconut oil

1 Preheat the oven to 200°C. Wrap each sweet potato in foil and place directly on an oven rack. Cook for 30 minutes.

2 While you're waiting, combine the tomato, capsicum, spring onions, stock (or water) and vinegar in a baking dish. Season with salt and pepper.

3 Place the mince, garlic, basil and egg yolk in a large bowl and season with salt and pepper. Mix well to combine, then shape into 16 meatballs. Add the meatballs to the tomato mixture in the dish and dot the top of each meatball with the coconut oil.

4 Place the dish into the oven alongside the sweet potato and bake for a further 20 minutes, or until the meatballs and sweet potato are cooked.

5 Split the sweet potato down the centre, making sure not to cut all the way through, and spoon the meatballs and sauce from the dish into each spud. Top with extra basil leaves. Serves 4

INTRODUCING YOUR SUPER CHEF



Trainer Luke,
The Clean Living Cook
A personal trainer and lover of healthy food, Luke Hines is the co-author of the Clean Living series of cookbooks



COOK THIS RECIPE
USE THE FREE **VIEWA**
APP TO SCAN THIS PAGE
AND MAKE LUKE'S SUB



THE SLOW-RELEASE CARBS FROM THE SWEET POTATO WILL LEAVE YOU FEELING FULLER FOR LONGER WHILE KEEPING YOUR BLOOD-SUGAR LEVELS IN CHECK



“So did you get crocs swimming down the street?”

Matt grunts with

laughter. “Yeah, something like that.”

And so the afternoon passes. In deference to the heat, we paddle at a stately pace, bobbling over sections of rapids, pausing to admire the white-breasted sea eagles that soar overhead or gape at the huge whiplays that glide beneath our kayaks. It’s a place of wild, tortured beauty that gets the sweat beading on my brow and the blood coursing through my veins – particularly when a metre-long freshwater croc surfaces next to my boat, his cold eyes fixed on mine. He slides back beneath the water and we paddle on.

As the sun sinks below the treeline, we nose up to a pillowy sandbank studded with sandstone boulders. Wallaroos nibble at the paperbarks while great-billed herons swoop from gum to gum. This will be camp for the night. As I unroll my swag, Matt gets to work. I return to find a pot roast smoking on a driftwood fire. Matt’s sitting at a fold-out table with a tin mug in his hand.

“You’ve brewed tea?” I ask.

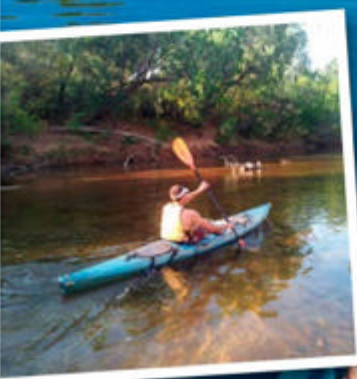
“Um, no.” He points to a bottle at the end of the table. “Jack Daniels.”

He hands me a mug filled with ice (ice!) and pours a slug of the good stuff. I take an immoderate swig. Ah, to be in the glorious Top End, where danger lurks on all sides and the bourbon tastes doubly sweet as a result...

– Aaron Scott

The River Wild

Danger lurks around every corner in the Top End. But fortunately, so do the rewards



Don't be fooled by the clear, blue skies and glassy water...

The chopper’s cruising above the Katherine River when our pilot, Clinton, points to an innocuous bend of dark-green water. “My mate’s dog was taken by a salty there last week.” He grimaces: “She loved the water, that dog. She jumped in right there and – bang – gone. No sound. Not even a yelp. Just gone.” I peer out the window then look back at Clinton. He’s an honest bloke with a handshake like a monkey wrench. He doesn’t look like the sort of man who’d tell fibs to scare journalists.

“So there are salties around here?”

“Oh, yeah. They’re here.”

A moment later he spots an empty kayak, resting nose-first on a sandbar in the middle of the river.

“Ah, this is where I’m meant to put you down.” The helicopter drops into a steep bank as my guide, Matt, hoves into view in his own kayak and raises a paddle in greeting.

We’re 50-odd kilometres downriver from the town of Katherine and we’ve got two solid days of paddling before us. It’s an isolated stretch of the river, the water flanked on both sides by cattle stations that measure their acreage in the millions. The easiest – and most picturesque – way to

reach this part of the river is by helicopter. Clinton lowers his chopper straight onto the sandbar, gives us a farewell thumbs-up, and disappears over the treeline.

“So, um, the pilot was saying there are salties in this part of the river?” I ask Matt.

He cracks a weary smile. “Yeah, they’re here. Ninety-nine times out of a 100 you’ll be right. Then again, I take more than 100 people down this river each year...”

I laugh cautiously.

Matt rubs his hands together. “Let’s go.”

To be honest, the prospect of crocs isn’t worrying me too much. Matt exudes an air of soporific confidence and my kayak looks like it could withstand a torpedo attack. Besides, if anything’s going to do me in, it’s more likely to be a falling hunk of driftwood than a hungry croc.

The upper boughs of the towering river gums that line the banks are laden with greying trunks that hang precariously above our heads. Come wet season, Matt explains, the water level will rise 13 metres. If the downpours are really heavy, as they were in 2004, then the river will top out at 18m and the main street of Katherine will be underwater.

TOUR

Gecko Canoeing and Trekking (geckocanoeing.com.au) run three-, five- and six-day tours down the Katherine River. In partnership with Airborne Solutions (airbornesolutions.com.au) they also run fly-in, drive-out heli-kayaking tours or the full fly-in, fly-out package. Trust us, the aerial views of Nitmiluk Gorge are something to behold.

WHERE



TRIP NOTES

Virgin Australia, Qantas and Jetstar all fly daily to Darwin. Katherine is a three-hour drive south along the Stuart Highway. Break the drive with a cold beer at the Adelaide River Inn, 113km south of Darwin.

NEXT MONTH

IN APRIL'S MH

THE LUST LIST

Your sex life hinges on make-or-break moments. Here's how to crack your carnal highlight reel.

ON SALE
MARCH 9



LIVE A LIFE LESS ORDINARY

Don't want to be Joe Average? We surveyed thousands of Aussie blokes to create a statistical portrait of the modern man. Who is he? What does he want? And how does he get it? We've dug up the data so you can beat the "mean" man.



LESSONS OF A KING SLAYER

Game of Thrones' Nikolaj Coster-Waldau, aka Jaime Lannister, reveals what it takes to build a body fit to rule.



WHAT ARE YOU PACKIN'?

Sick of ham and cheese sangers? Learn how to pack a lunch that's all killer, no filler.

UNCOMMON KNOWLEDGE

THE INSIDER'S GUIDE TO EVERYTHING

**WARMING TIME =
(DESIRED CORK DISTANCE
IN FEET - 34) X 3.6**

Shooting a champagne cork isn't cool if you can't see where you're aiming – that's how you take someone's eye out. Your back-up when tipsy: the champagne key. It's a hand vice that helps you grip the cork for a more controlled exit. We like the rubberised Metrokane Rabbit Champagne Pliers (\$24.99, homewaresdirect.com.au).

MAN MATHS

How Far Will the Cork Fly?

BY MARK ROBER, A FORMER NASA ENGINEER WHO HOSTS HIS OWN SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE

You're at a wedding reception and you're about to crack a bottle of champagne. You'll want the cork to fire up the festivities by arcing through the air. But get it wrong and you'll end up with a limp launch.

Thankfully, we've come up with the equation above to ensure the right amount of bang from your

bubbly. Just plug in the distance you want the cork to travel (within limits!), then let the chilled bottle sit at room temperature for the time indicated. Now you're primed for the ultimate party trick.

Here's why: according to a study published in the *Journal of Food Engineering*, as a chilled bottle of champagne warms up, the pressure inside the vessel intensifies. In geek-speak, this is what's known as an "adiabatic reaction". Translation: the warmer the bottle, the greater the interior pressure.

Allowing your Dom to warm up a few degrees will wow your guests in another way, too. French research found that champagne served only moderately chilled may be measurably more delicious than frigid bubbly a few minutes out of the fridge.

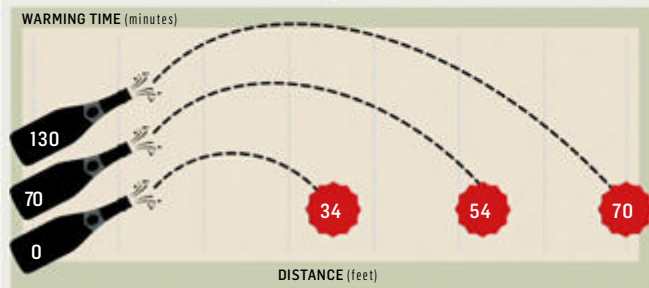
That's because warmer temperatures stimulate greater effervescence. And extra fizz means extra flavour, as the bursting bubbles inside the flute give the champagne more body and aroma.

Not in the mood for arithmetic? Consider 130 minutes of warming time your scientific sweet spot. That's approximately how long

refrigerator-chilled champagne takes to reach 18°C, yielding 14 per cent more bubbles and a cork distance of 70 feet (21 metres).

For our tests, all bottles were held aloft at 45°. That angle provides the optimum height and hang time to achieve maximum trajectory. Without spilling the precious liquid, of course.

— with Ben Paynter



TESTS WERE PERFORMED WITH UNSHAKEN BOTTLES. EQUATION WORKS BEST FOR DISTANCES BETWEEN 30 AND 80 FEET (9-24M)



WEEKEND PROJECT

Build Your Office Oasis

Ah, the office. Beige walls, white desks and ... sorry, think we just nodded off there. Thankfully there's an easy way to liven up your office and sharpen your focus. In a study in the *Journal of Alternative and Complementary Medicine*, people in plant-free zones rate their stress levels as 11 per cent higher than those exposed to greenery. Instead of tending to

ever-thirsty houseplants, you can reap the same benefit with an easy-to-maintain terrarium. This glass-encased jungle waters itself through condensation. Whether you're in a window office or cubicle-land, Tovah Martin, gardening expert and author of *The New Terrarium*, shows you how to build some serious growth potential.

THE WINDOW UNIT



In naturally lit rooms, indirect light filters through the glass, creating a warmth and humidity that mimics the environment of an equatorial cloud forest.



MATERIALS

At a garden centre, buy 500 grams of 9.5-millimetre pebbles, a bag of horticultural charcoal, potting soil and a 7.5-litre glass container with a lid. For a window office, buy African violets or orchids; for a cubicle, selaginella mosses and ferns.

THE CUBICLE FARM



In an interior work area, banks of overhead fluorescent lights create an environment similar to what you'd find in a rainforest.



SHADE YOUR GREENS

Direct sunlight on a closed container can burn your plants. So situate your terrarium in a spot that's well lit but not in direct sun. Try a bookshelf or table that's away from the window.



SINK THE FOUNDATION

Layer the materials. First add three centimetres of pebbles, then one tablespoon of horticultural charcoal, then 3-7cm of soil.

CONSTRUCT THE KINGDOM

Remove each plant from its pot and loosen the roots with your fingers. Dig a hole deep enough to contain the plant's root system beneath the surface of the soil.



BATHE IN FAUX LIGHT

Mosses thrive in dimmer environments, but if the ecosystem is too dark, nothing will grow. For the best light, place your terrarium on a high shelf or open part of your desk.



MAINTAIN AND MAKE AWESOME

Water your plants and cap your terrarium. Every two weeks, take off the lid for a few hours. Then add flair with twigs, toy soldiers or action figurines. Hell, a man needs his inspiration.



Q Dave,
Now that I've moved in with my girlfriend, she expects us to plan every dinner and weekend together. How do I reclaim some alone time? —BK

I've been married a long time. And one of the best moments of my day is the drive to work, when I'm alone with my thoughts. The rest of the time I'm managing this bar, visiting mates or hanging out with my wife. Point is, you give up free time for the things you care about. So try to meet her halfway. Ask for flexibility in the schedule, but agree to two or three dates a week. You're not the first bloke to take a stand for a spot of woman-free time. The trick is to do it without blowing the good thing you've got going.

Q Dave,
I'm always the last to leave work. How do I subtly make it known that I'm still at it when the boss – and everybody else – has gone home? —MA

I have two guys working lunch for me right now. One always stays late to restock the bar, and the other's out the door the minute his shift ends. The late guy leaves the bar mats sticky; the out-the-door guy doesn't. The late guy's register is always wrong; the out-the-door guy nails it. Hate to break it to you, but nobody gives a damn about how late you stay at the office. You just need to hit your deadlines and help the company turn a profit. You want to look good? Do it by focusing on your work, not your time sheet.

Q Dave,
You see guys hit on women all the time. What sets the scorers apart from guys who crash and burn? —TC

Be funny. Be clever. Be confident. But don't let her know you're hitting on her. Guys who score strike up lots of conversations, but they never turn up the heat till they've earned her interest. Hear what I'm saying, Julio? Go easy on the pick-up lines.



Need another round? Send your questions to Dave the Barman at [yahoo7.com.au/menshealth](mailto:jahoo7.com.au/menshealth)

PICK-UP GAME

TRY GROUP PLAY

Fear she might turn down that date? Tell her you'll bring friends. According to a *datingadvice.com* survey of more than 1000 people, over a quarter of single ladies prefer their first dates to be in groups. Bonus: you just hooked up your friends.



RED, RAW & SORE?

PROTECT SKIN
FROM CHAFING
& SWEAT RASH
WITH **ZoRub**



Available from leading
pharmacies including:



AFT pharmaceuticals
Working to improve your health
www.aftp pharm.com

AUSTRALIAN Men's Health

BRUCE RITCHIE

Editor-in-Chief

LUKE BENEDICTUS

Editor

DAVID ASHFORD

Creative Director

JASON SCULLIN

Chief Sub-Editor/
Social Media Editor

BEN JHOTY

Senior Writer

JASON LEE

Deputy Art Director

AARON SCOTT

Deputy Chief Sub-Editor

DANIEL WILLIAMS

Associate Editor

JAY ABADY

Senior Designer

ESA RUOHONEN

Digital Imaging

ZORE ZULUMOVSKA

Picture Editor

CHRIS DANKS

Online Producer

GRANT TAYLOR

Editorial Coordinator
(02) 9394 2321

Pacific magazines

ANN-MAREE MULDER

Group Sales Manager
(02) 9394 2289

NICOLA TIMM

National Advertising Manager
(02) 9394 2212

CHRIS MATHEWS

NSW Senior Account Manager
(02) 9394 2251

EZRA AUPELÉ

Senior Account Manager
(02) 9394 2254

CAITLIN CHRISTENSEN

Advertising Co-ordinator
(02) 9394 2250

MATHIEU SHELLARD

VIC Senior Account Manager
(03) 8636 7516

MIKE BARTLETT

QLD Senior Account Manager
(07) 3368 7486

JACKIE FRANK

Publisher

KATHY GLAVAS

Marketing Director
(02) 9394 2057

COURTENAY RAMAN

Marketing Manager
(02) 9394 2703

VANESSA DEBRECZENI

Brand Manager
(02) 9394 2060

HANNAH DEVEREUX

Director of Corporate
Communications

KATE LAWRIE

Senior Business Analyst

JOHN VIRM

Production Controller

LAURA GERAN

Advertising Production

JEREMY SUTTON

Group Subscriptions Manager



ROBERT NOVICK

Senior Vice-President

KEVIN LABONGE

Executive Director,
Business Development
and Global Licensing

JOHN VILLE

Editorial Director &
Director Content, Rights &
Photography Operations

LAURA ONGARO

Editorial Director,
Women's Health and Men's
Health International

SAMANTHA QUISGARD

Associate Editor

VERONIKA TAYLOR

Deputy Editorial Director,
Runner's World

KARL ROZEMEYER

Content Manager

BURCU ACARLAR

International Business
Development Coordinator

MOIRA O'NEILL

Financial Analyst

PETER ZAVECZ Chief Executive Officer, Pacific Magazines

GEREUD ROBERTS Commercial Director

MYCHELLE VANDERBURG Group Marketing & Retail Sales Director

SIMONE DALLA RIVA Regional Sales Director

DEAN PORTER Operations Director



Pacific Magazines, Media City, 8 Central Avenue, Eveleigh, NSW 2015

Phone: (02) 9394 2000 Fax: (02) 9394 2319 Subscription enquiries: 1300 668 118

Printing Hannanprint Warwick Farm, 2-8 Priddle St, Warwick Farm, NSW 2170. Distribution Gordon & Gotch. Published 12 times a year. Registered business name Pacific Magazines Pty Ltd, (ABN) 16 097 410 896. All rights reserved. Title and trademark *Men's Health*® Rodale Press. No part of this publication may be reproduced in whole or in part without prior written permission. *Men's Health* is a registered trademark and the unauthorised use of this trademark is strictly prohibited.



Emily Schromm
WH US 2014
Next Fitness
Star

Do you know someone
who has what it takes to
be the **Women's Health**

NEXT FITNESS STAR?

THEN PASS THIS ON - NOW!

Here's how to enter

1

If you're a qualified personal trainer or exercise instructor with a powerful fitspo story, record a two-minute video of your workout style and tell us why you have what it takes to be the **WH Next Fitness Star**! Submit it to the **Women's Health** Facebook page.

2

It's over to the judges, headed up by **Women's Health** Editor Felicity Harley. Their top 10 picks will go to popular vote - the public will get to choose their favourite five on our Facebook page.

3

The **WH Next Fitness Star** will be chosen from the top five by our expert panel and revealed in the August 2015 issue!

For more information, visit facebook.com/womenshealthaus



* **BE THE NEW WH FITNESS EXPERT** for a year and appear in an August issue feature about you and your training tips.

* **BE THE FACE OF PUMA TRAINING** for one year and get a PUMA workout wardrobe!



* **APPEAR ON CHANNEL SEVEN'S THE MORNING SHOW** as a fitness expert.

OUR EXPERT JUDGING PANEL



Felicity Harley,
Australian
Women's
Health Editor



Kylie Gillies,
The Morning
Show Host



Cameron
Byrnes, *Celebrity*
Personal Trainer



Christina Panias,
Puma Marketing
Communications
Manager



Jo-Anne Khoury,
Rebel Product
Manager



Sarah Stinson,
The Morning
Show Executive
Producer

AUSTRALIAN
Women's Health

womenshealth.com.au

PUMA

#whnextfitnessstar

Visit womenshealthmag.com.au for full terms & conditions. Entrants must be 18+ and a qualified personal trainer/fitness instructor. Competition opens: 02/02/15 09:00 AEDT. Closes: 02/03/15 17:00 AEDT. Top 10 Finalists judged at Promoter's premises between 02/03/15-06/03/15. Top 10 Finalists announced March 2015. Top 5 Finalist public voting between: 09/03/15 00:01 AEDT-20/03/15 23:59 AEDT. Top 5 Finalists announced: 04/05/15. Major Winner judged at Promoter's premises between 04/05/15-29/05/15. Major Winner notified by phone and announced on 06/07/15. Total prize value: Money-Can't-Buy. The Promoter is Pacific Magazines Pty Ltd 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896).

Are You Game?

SEE HOW YOU RATE AS AN ARCADE HERO



52 Percentage of men who spend four or more hours a week playing video games

18

Percentage who've played 6-9 hours in a single day trying to beat a tough level

35

Percentage of guys who still own their first gaming system

1 IN 10

Proportion of men who now have five or more game systems at their fingertips

YOUR TRASH IS A CHILD'S TREASURE

Instead of unloading your old game console at a garage sale, why not donate it to a child in need? Video games can be therapeutic for sick kids, says Dr Mark Griffiths, director of the International Gaming Research Unit at Nottingham Trent University. Research suggests that gaming can distract sick children from the pain and distress of their illness, and that movement-oriented games can help kids with a disability move better.

15

Percentage of men who weren't allowed to play video games as a kid

30

Percentage who managed to buy a console anyway, blasting digital aliens on the sly

The average guy's favourite arcade games: *Pac-Man*, *Donkey Kong*, *Asteroids*

3

Number of new game titles the average guy has purchased in the past year

43

Percentage of gamers who reminisce about the glory days of arcade gaming

62

Percentage of non-gaming spouses who say gaming has caused arguments

19

Percentage who say the arguments have turned into epic real-world fights



Game console that introduced most men to virtual laser battles as kids: Nintendo Entertainment System

PLAY BETTER

You can always improve your multiplayer gaming skills by switching to spectator mode and watching other people duke it out. But for better intel, try watching live streams and replays of games on TwitchTV, says Logan Decker, editor of *PC Gamer* magazine. "It's like flipping through football games," he says. "You can watch pros play live and develop a sense of their tactics." Plus, there's a chat box, so you can ask for the advice you need to crush your next opponent.

\$12,000

Price of the most valuable vintage arcade game (Williams' *Blaster*)

63

Percentage of dads who play video games with their kids

56

Percentage of men who play video games on phones and tablets

56

Percentage who've paid for games they play on their mobile devices

38

Percentage of men who turn to video games to blow off steam

Video-game vixen men lust after most: Lara Croft from *Tomb Raider*

1 IN 3

Proportion of men who've turned down real-life sex to play with their joystick

WIN HER OVER

Don't sacrifice face time with your missus for screen time with Mario. "Relationships are challenging, and video games can add to that challenge if one partner enjoys them more than the other," says psychologist Dr Shirley Ogletree. Even women who enjoy gaming sense that it's not a particularly good bonding activity. If she's upset, find out what would ease her resentment, then compromise, Ogletree says. Set up a weekly date night – without the Xbox.

Top locale for smartphone gaming: the bathroom

World's largest online gaming tournament: FIFA Interactive World Cup



catfootwear.com.au

**HIT LIFE HARD.
WE'LL CUSHION THE BLOW.**



EASE technology takes comfort to a whole new level.

Take life to the extreme – in total comfort. Cat Footwear features our revolutionary **EASE** technology. It's our lightest, most shock-absorbing footwear yet, for a difference you can feel. So why not try out a pair? And hit it hard – with **EASE**.

BUILT FOR IT.

EXTREMELY LIGHT.

SERIOUSLY SHOCK ABSORBING.

INCREDIBLY COMFORTABLE.

EASE

POLICE



NEYMAR JR

f v p POLICELIFESTYLE.COM